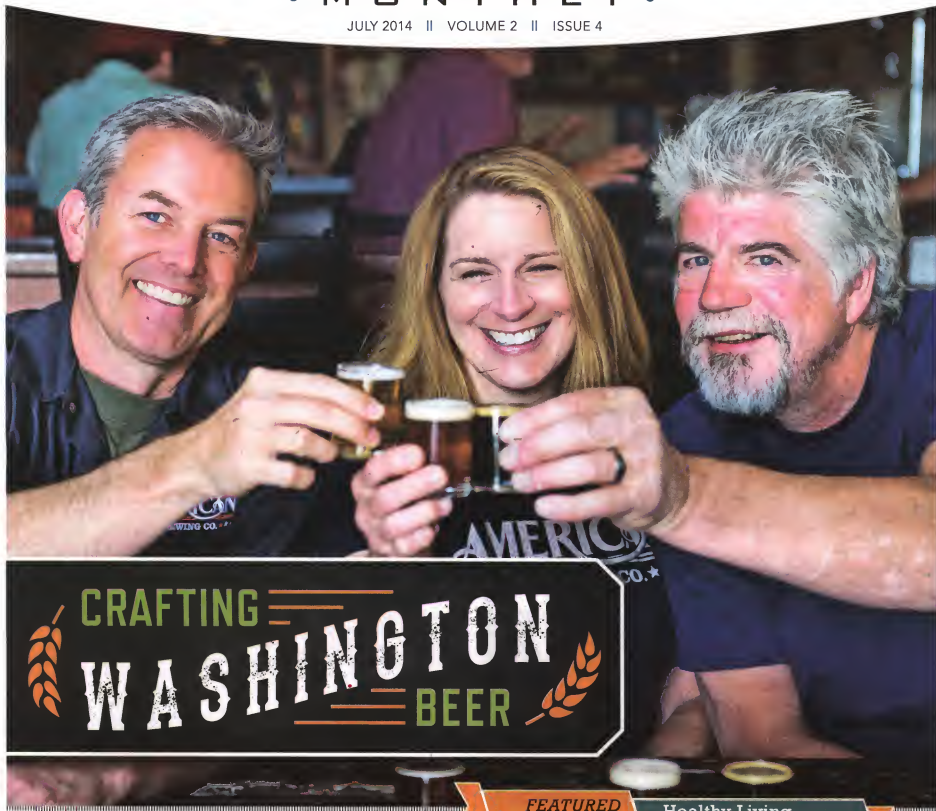


# BLUE CITY

• MONTHLY •

JULY 2014 || VOLUME 2 || ISSUE 4



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SECTIONS

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  - 34 || Hosting refugee families through World Relief

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#### Dear Readers:

The guys at *Blue City Monthly* and I were kicking ideas around for this month's cover feature and we decided to go with one of their favorite topics: beer. I learned a lot researching this topic, and yet I have to confess — I still prefer the root or ginger variety. But hey, I am not like most people and I know that many of you probably love a nice cold beer — especially the craft brewed beer that has become the rage in the last decade or two. Washington beer drinkers have a lot to be glad about because some of the best beer in the nation is brewed right here. Read my article and you'll find out why.

Despite my difference in taste, I do like the things that go along with beers of many varieties this time of year — barbecues and good friends and getting together on hot summer days. The 4th of July is only a few days away and I hope your holiday is fun and safe. Look online if you're wondering where to catch a great nighttime fireworks show — from the huge display at Gasworks Park to the community celebrations in Edmonds and Everett, they can usually be seen in any direction around here.

One of the things that I especially love about the 4th of July is the feeling of community. I write about this in a few articles this month. My feature on Continental Shift Seattle tells about an exhibit that explores step families, giving people who

have experienced being a step parent or a step child, or another role in the mix, the opportunity to tell their story. Amy Pleasant, the artist who spearheaded the exhibit and who is herself a step parent, found that people were eager to talk about what it's like to be in this type of a family, which is not often addressed.

Another community I wrote about this month is one that a retired couple created for themselves as they engaged in hosting refugee families through World Relief. Instead of downsizing when they became empty nesters, they used their large home as a place to help these families acclimate to the United States. In the process, they enlarged their family many times over and gained relationships that are ongoing and bring joy to their lives.

Summer is a great time to explore new possibilities for enlarging our world. Especially if you have kids, time away from a regular schedule of school and all the extra-curricular activities it involves can be used to learn new things and serve in new ways as a family, in addition to just having fun.

I hope your July is both meaningful and relaxing as you spend time with friends and family.

Elizabeth Griffin  
 Editor



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» Photo courtesy of American Brewing Company.

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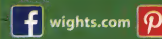
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Photo courtesy of American Brewing Co.



Photo courtesy of American Brewing Co.



Photos by Ajen Birmingham, Diamond Knot Craft Brewing



Pat Ringe, VP Brewing Ops at Diamond Knot Craft Brewing

## Crafting Washington Beers

By Elizabeth Griffin

From enjoying a cold pint at the local pub to home brewing in the garage to opening a tasting room, the number of craft brewing enthusiasts continues to grow in Washington State. There are breweries getting licensed every week, with membership in the state brewers' guild nearly doubling in the past year, according to Sherry Jennings at Diamond Knot Craft Brewing.

"We're a state that fosters innovation and you get brewers that feel really passionate about it," Jennings said. "There is a healthy competition because we want brewers to elevate their standards. At this point people are still drinking more Oregon than Washington beer, and we want that to change. We have the quality and all the products to make that happen."

The primary product Jennings is referring to is produced in Washington's Yakima Valley, one of the most fertile growing regions in the world. According to usahops.org, the

region produces 77 percent of the total hop crop in the United States.

### India Pale Ale

With its defining ingredient — hops — grown in our region, IPA (India Pale Ale) has become the quintessential Northwest beer. But as much as local brewers want to claim it for their own, IPA dates back to the 1700s when hops were first added to the beer shipped from England to British-occupied India. Hops not only preserved the beer, they increased its alcohol content and gave it bitterness, which troops grew accustomed to and began requesting when they returned home to England's pubs.

IPA's main ingredients are malted barley, hops, yeast and water. The process of brewing involves precise steps. First, malted barley is steamed for one hour in 150-degree water to turn its starch to sugar (mashing). Then hot water is run over the top of the

grain (sparging) to capture the sugary liquid (wort) in a kettle and leave the solids behind on a screen (lautering). This liquid is boiled for one or one-and-a-half hours while hops are added to give it various flavors and degrees of bitterness, depending on the variety of hops and the time they are added. This is cooled down to 70 degrees through a heat exchanger and then put in a fermentation vessel where yeast is added to eat the sugar — a process that takes between five days and three weeks, depending on the type of beer brewed. Finally, the beer is chilled and moved to another vessel to add carbonation. When that is complete, it is ready to drink.

With 80 or more varieties of hops, there are many ways to create a unique flavor during brewing.

"Brewing beer is a science and an art," said Skip Madsen, master brewer at American Brewing Company. "You can't just throw

things in; you have to have the right nuances in it. You want it to start out with a burst of flavor; then you want it to gradually mellow out on your tongue and become more flavorful. Then, near the end of the sip, you want it to just dry up and disappear so you're ready for your next sip."

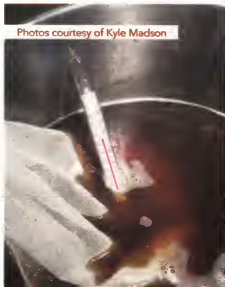
### Home brewing

Like many home brewers in Washington, Ballard resident Kyle Madsen's favorite type of beer to brew is IPA. Along with the proximity of Yakima hops, he cites water as one of the reasons for excellent beer in the Northwest. This isn't just his opinion either; a friend of Madsen's actually sent a sample of his tap water to a lab and found out that it is ideal for brewing beer.

Madsen and two friends brewed in his basement every Tuesday night and on many weekends for two years before jobs and growing families made them take a break

Continued on page 5 »

Photos courtesy of Kyle Madison



Brewing an IPA starts with steaming grain to turn its starch to sugar.



After straining the sugary liquid, hops are added as it is boiled for another 1 to 1.5 hours.



After it is cooled to 70 degrees, yeast is added to the liquid.



As the yeast eats the sugar, the liquid turns to alcohol and ferments.

» Continued from page 4

for a while. They initially got set up with \$200 worth of equipment from The Celar Home Brew, located at Greenwood and 143rd in Seattle.

With many new breweries opening in Ballard in the past few years, there is no shortage of mentors for Madison and his buddies. The community of craft brewers is very supportive of one another, even when it is a brewer's livelihood.

"People take this hobby very seriously and everyone loves to share their experiences," said Madison. "It's really easy to get into if you want to."

According to Madison's calculations, the basic ingredients of grains, hops and yeast for a five gallon brew cost between \$30 and \$60 (\$3 to \$6.50 per 22-ounce bottle). He and his friends usually choose a beer they like to drink and use a cookbook called *CloverBrews* to duplicate it.

"There are many variables when you brew," Madison explained. "The length of time it boils, the temperature, the grain bill, the hops added during the boil, the type and number of hop additions during

the boil to add bitterness and aroma. The yeast is the unlocking agent that contributes to the alcohol content, and the dryness and mouthfeel of it. ... We know how each element influences the final taste of the beer, but we haven't gotten to the point of creating our own recipes."

So far, the group has had varying success, with a series of nut brown ales that didn't turn out at all and a highly successful Belgian style Saison, which tasted identical to the popular Saison Dupont.

"We've never had a beer that was undrinkable," Madison said. "But sometimes it's had an off taste and we went to experts to find out why."

Home brewing can be a lot of fun, but it isn't without risk. One week Madison brewed a Saison and left it to ferment in his basement, which is normally the perfect temperature. When his in-laws came to stay they turned up the heat and slid the box of newly bottled beer across the floor before coming upstairs to visit. Halfway through dinner the family heard what they thought were gunshots. Madison raced downstairs to

find beer bottles exploding and beer spraying everywhere. The combination of heat and jostling had agitated the yeast and the result was a lesson in why Saison style beer is always bottled in very thick glass and corked with wire.

Chalking it up to experience, Madison and his friends are eager to brew again this summer, in pursuit of mastery ... or maybe to just have a good time.

### A hobby out of control

Bob Maphet had been home brewing for several years when he met Brian Sollenberger at the Boieing Beer and Wine Club in 1993. A year later, Sollenberger started a brewing project in 300 square feet of leased space on the Mukilteo waterfront and Maphet joined him in the venture that would become Diamond Knot Craft Brewing.

"I was single at the time and had a few extra dollars," Maphet said. "We opened in October 1994 at Diamond Knot, with a seven barrel brewery. We would keg and transfer on Saturdays, brew on Sundays, and deliver after work the rest of the week,

and soon we had customers in Seattle and even in Snohomish, plus a distributor."

It was Sollenberger who came up with the name Diamond Knot. The company is named in honor of a fishing boat that sunk off the coast of Port Angeles in 1947 with three-quarters of that year's catch of Alaskan canned salmon. The loss was devastating, but a crew was pulled together to dive in the 180-foot-deep water of Crescent Bay in the Strait of Juan de Fuca, and the canned salmon was salvaged.

"When we started, other people in the industry said, 'You'll never survive. You guys are too small and you're never going to make it.' We took the name of the Diamond Knot cargo ship as a sign of tenacity, and here we are 20 years later, still growing," Maphet said.

Diamond Knot now leases the entire building they originated in at the Mukilteo Ferry Landing, which was completely remodeled last year, a 4,300-square-foot warehouse at Harbour Point, and a beautiful new brew pub in Mountlake Terrace that opened in January. The company pro-

Continued on page 6 »

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Photo courtesy of American Brewing Co.

Assistant brewer cleaning out the mash tun.



» Continued from page 5

duces 20 different brews a year, with its flagship IPA and Bavarian style hazelnut the most popular. It is sold in 11 states at Total Wine and More, and in Japan.

"It's a hobby that got wildly out of control," Mapher said. But it did enable him to retire from Boeing in 2007 and it pays the bills. Besides, as Mapher said, "It's kind of a glamorous industry. Beer makes people happy. We can produce a consumable product that people enjoy. We have the pubs because people like to come and see where it's made. Serving our own beers and food to go with it—it's fun."

### A brewery in Edmonds, finally

It was snowing the day American Brewing Company opened in Harbor Square three years ago, and people were lined up around the building, according to CEO Neil Fallon. The city of Edmonds was more than ready for its own brewery and the beer poured for 10 hours straight that day.

"We were totally unprepared for that kind of a response," the real estate developer turned craft beer owner said.

When Fallon began investigating craft brewing in 2009, he hired Skip Madsen as his brewer after four people in one week, including another brewer he interviewed, recommended him. Then he met Julie Anderson, who had all the skills needed to complete the team, and the three started a company that will soon become one of only five publicly traded breweries.

With dozens of breweries opening every month in the United States, why does American Brewing Company stand out enough to warrant this much growth in such a short time? Fallon and Anderson both play pivotal roles, but they are quick to point to Madsen as the indispensable component. He has "fathered" more than 200 beers in his lifetime and won more than 30 awards, including medaling at the Great American Beer Festival (GABF) in Colorado every year since American Brewing Company opened.

"We are the only Washington beer to medal at GABF every year we've entered," Fallon said. "Seventy thousand people attended the festival and 4,800 beers were entered in the competition last year, so to win a medal out there is pretty unbelievable."

Madsen began brewing craft beer shortly after he graduated from college in the 1980s. He enjoyed the process and, after winning a couple blue ribbons at the Western Montana State Fair, decided to pursue brewing as a career. Working his way up from delivering beer to becoming a brewer, he eventually moved to the Pacific Northwest where he has earned quite a reputation for his beer at Boundary Bay, Pike, Big Time, Port Townsend, and now American Brewing Company.

American Brewing Company has four flagship beers: American Blond, Breakaway IPA, Caboose Smokey Oatmeal Stout and Flying Monkey Pale Ale. Ninety-five percent of the ingredients it uses are grown in



Photo by Aien Birmingham

Diamond Knot Brewpub in Mountlake Terrace showcases their equipment.



Photo courtesy of Diamond Knot Craft Brewing

(L-R, top-bottom) Diamond Knot's original crew of Pat Ringe, Andy Eason, Bob Mapher and the late Brian Sollenberger.

Washington and Oregon, with most of its hops coming from ... you guessed it, the Yakima Valley.

"Our flagship IPA is made with hops grown on a family-owned and operated farm in Toppenish. They are not grown in any other part of the world, so it is truly a Northwest beer," said Fallon.

Another truly unique beer to the region is Flying Monkey Pale Ale, a beer crafted specifically for Emerald City Comicon, the largest comic book and pop culture convention in the Pacific Northwest. The traditional English beer is a bit darker than a blond. Its name plays off the Emerald City/Wizard of Oz theme of the convention's name, and one of the comic artists drew the label. It will be sold at this year's Taste of Edmonds in the beer garden. //

### Craft brewing events this month

With craft beer so popular, it's no wonder there are dozens of festivals featuring it each summer in the Puget Sound region. Check out these festivals this month:

- » **Brewfest at Country Village**  
23178 Bothell-Everett Highway  
» July 19 from 10 to 5 pm  
Hosted by Northshore Performing Arts Center Foundation, Brewfest features eight local breweries under the big tents at Country Village, including Brickyard Brewing, Dirty Bucket Brewery, Duval Springs Brewing, Foggy Noggin Brewing, Hi Fi Brewing,

Lazy Boy Brewing, Triplehorn Brewing Company and Twelve Bar Brews.

\$20 entry fee that includes a sampler glass and six 4-ounce samples. A food truck will be on site.

Proceeds from this event benefit the Northshore Performing Arts Center Foundation, which brings live arts to the schools in the Northshore School District at no cost to the students. Participants must be at least 21 years old. Photo ID required. For more information, go to [www.npac.org](http://www.npac.org).

- » **Summer Beer Taste in the lower parking lot at Phinney Neighborhood Association**

» July 19 from 4 to 7 pm

Ten tastes from over 21 local micro-breweries. Barking Alehouse Brats and pub snacks included.

CNA members \$25/General Public \$30/Designated Driver \$10. For more information and to purchase tickets, go to [www.phinneycenter.org/summerbeer](http://www.phinneycenter.org/summerbeer).

### Test your knowledge

(Answers at end of quiz)

- » **1) A growler is:**  
a) an angry dog,  
b) a beer drinker's empty stomach  
c) a half gallon of beer  
d) as much beer as can be

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## Seattle exhibition gives voice to step families

By Elizabeth Griffin

A single mom of one, Amy Pleasant more than doubled the size of her family when she married a man who had full custody of two teenagers. Six months later he was deployed and she became the primary caregiver of three.

"It was a really challenging year and there were all kinds of things that happened, including his mother dying suddenly of a heart attack and some medical issues with the kids," Pleasant said. "It was one of the biggest challenges that I've ever had in my life. So, being the artist that I am, I thought, 'Someday I want to do something with this,' because at the time I didn't know too many step parents and there wasn't a lot of support. I thought, 'There must be others who have this experience of really trying to make a family work in odd circumstances along with the natural challenges that families face.' It was such a personal issue for me."

As Pleasant began to talk with people about being part of a combined family, she heard the same reaction over and over again. Nobody had ever asked them about their experience — regardless of whether they were step parents or children. And yes, it had been hard for most of them.

The only media that was dealing with the topic of step families was film, and people really wanted a chance to tell their stories, so Pleasant gathered two partners who were both step children and felt equally passionate about the subject, and they began to work on putting an exhibition together.

"It has become a forum for anyone — artists and non-artists — to express themselves through poetry, prose, plays, photographs and visual art. The topic resonates with people, both those who are pro and those who are non-pro step families," Pleasant said.

The project, called Continental Shift Seattle, has been gathering submissions for the past year, which are all posted on its website.

"We have found some commonality, es-

pecially in writing," Pleasant said. "Most people say it was an important part of their lives, but there is not a lot of fluff or light-heartedness. We see some of that in photos, but in general the experience of having a step family is kind of a mixed bag for people. It has been a hard journey."

Statistics for step families show a 77 percent divorce rate. Although she will celebrate her 10-year anniversary this summer and all three children, now in their 20s, will be at the party, Pleasant said, "At first, it was like somebody was always in the wings waiting for our marriage to fail. Because of this, there is extra pressure on a step family to look like the perfect family to the outside world. There are often many struggles with divided loyalties, which is one of the trickiest parts — and we have worked through that. I look at my step children and I cannot imagine life without them. Just like with my own child, they are part of me and I am a part of them."

Her own success is one of the primary reasons that Pleasant is doing the exhibition.

"I feel like I'm on the other side and I want this to be a support for families. We have a Facebook page with stories and I get a lot of emails from young step mothers. I want people to know that it is possible to have a healthy step family. This is about creating stronger and healthier families."

Ten of Pleasant's art pieces and 10 juried pieces from others will comprise Continental Shift Seattle, an art exhibition exploring the dynamics of step families, which will be on display on Saturday, August 9 from 6 to 9 pm in conjunction with Art Attack (the art walk in Georgetown) at Georgetown's Castle.

In addition, Continental Shift Seattle will be at the Georgetown Art and Garden Walk on July 13 with a booth where people can create art about step families.

For more information or to participate, go to [www.continentalshiftseattle.com](http://www.continentalshiftseattle.com). //





CHC of Snohomish County celebrates its Grand Opening on August 1 in Edmonds.



Kathy Croft

### Chateau Retirement Communities applies for building addition permit

Chateau Retirement Communities has applied to the City of Bothell for permits to build a multi-family building on their West Riverside Drive property. Chateau Bothell Landing is the premier senior living community in the Bothell/Kenmore area and is the flagship community in Chateau Retirement Communities' portfolio. On the banks of the Sammamish River, close to walking trails and Blythe Park, the retirement community provides peaceful residential living with easy access to Bothell. The addition is the final piece to complete Chateau at Bothell Landing.

Partnering with local architect firm, Freiheit and Ho Architects, this new multi-family building will result in an overall increase of apartments on the property from 185 to 261 units. Designed to integrate with the existing buildings, the new building will consist of a mix of studio, one bedroom and two bedroom condo units ranging in size from 415 to 1,140 square feet. Topping the addition is a spectacular new dining hall that will be a great new amenity to the community and provide sweeping views of the Sammamish River.

Groundbreaking for this project is slated for Summer 2014.

### CHC of Snohomish County celebrates Grand Opening in Edmonds

Come to the Grand Opening Celebration for Community Health Center of Snohomish County in Edmonds on August 1 from noon to 4 pm.

Located at 23320 Hwy 99 in Edmonds, this location allows CHC of Snohomish County to provide high quality care at discount fee prices for all low-income and unin-

sured people in five locations.

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For more information, go to [www.CHC.sno.org](http://www.CHC.sno.org) or call 425-789-3789.

### Harbour Pointe Retirement welcomes Kathy Croft

It is with pleasure that Harbour Pointe Retirement & Assisted Living Community announces the addition of Kathy Croft to its marketing team. She will join the Community Relations Department with Judith Strand.

"Kathy's background in business, finance and the senior industry make her a valuable addition to our team," said Marketing Director Linda Asaf.

Croft owned her own business for 18 years, has been a marketing professional at retirement communities, and most recently was a financial consultant for seniors at Emerald Capital Preservation, Inc.

Croft lives in Mill Creek/Bothell with her husband Rick. They have two children and three granddaughters.

"I am excited to be at Harbour Pointe Retirement," Croft said. "I look forward to welcoming many new residents."

Harbour Pointe Retirement is located at 10200 Harbour Place in Mukilteo. For more information call 425-493-8555 or go to [www.hpreire.com](http://www.hpreire.com).



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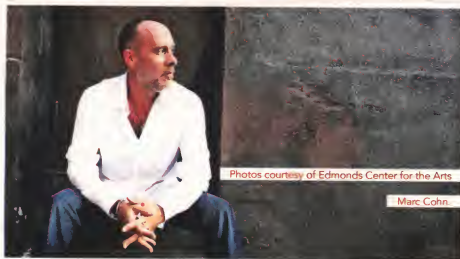
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Photos courtesy of Edmonds Center for the Arts  
Marc Cohn



Manhattan Transfer

## Edmonds Center for the Arts announces its fall season

Get your tickets now for one or more of the following performances at Edmonds Center for the Arts (ECA). Located at 410 Fourth Avenue North in Edmonds, this lovely concert hall is an ideal venue for Snohomish and North King County residents. Parking is easy and the prices are reasonable.

New Full Season Subscriptions are now available for purchase at [www.ecarts.org](http://www.ecarts.org) in person at the ECA Box Office or via phone at 425.275.9595. Beginning July 7, 5+ Show Packs and 8+ Show Packs are available. And starting August 1, single tickets are available for purchase.

The following shows comprise the 2014-2015 ECA Season:

### Los Pinguos

- » October 11, 2014  
\$29, \$24 & \$19 | Youth/Student \$15  
Los Pinguos came to the U.S. from Buenos Aires, Argentina with a mixture of Latin rhythms, reggae, rumba flamenca and rock.

### Richard Thompson

- » October 25, 2014  
\$44, \$39 & \$34 | Youth/Student \$15  
Named by *Rolling Stone* magazine as one of the Top 20 Guitarists of All Time, Richard Thompson is also one of the worlds most critically acclaimed and prolific songwriters.

### ETHEL and Kaki King

- » October 30, 2014  
\$39, \$34 & \$29 | Youth/Student \$15  
Kaki King is a true iconoclast, a visionary musician/artist whose singular work rightly stands out amongst the easily formatted. String quartet ETHEL presents a program that delivers energetically into the fallibility of human memory and the mutability of the past.

### Nitty Gritty Dirt Band

- » November 6, 2014  
\$49, \$44 & \$39 | Youth/Student \$15

The iconic and profoundly influential Nitty Gritty Dirt Band, often cited as a catalyst for an entire movement in Country Rock and American Roots Music.

### Seattle International Comedy Competition

- » November 19, 2014  
\$34, \$29 & \$24 | Student/Youth \$15  
This program may contain adult material not suitable for children.  
The 35th annual Seattle International Comedy Competition makes a return stop to Edmonds.

### Sweet Honey in the Rock

- » November 22, 2014  
\$44, \$39 & \$34 | Youth/Student \$15  
Sweet Honey in the Rock creates an adventurous and diverse mixture of blues, African, jazz, gospel and R&B music, with excursions into symphonic and dance theater.

### Sing-A-Long Sound of Music

- » November 29, 2014  
12:00 Noon | \$20, \$15 & \$15

### David Benoit Christmas Tribute to Charlie Brown

- » December 1, 2014  
\$39, \$34 & \$29 | Youth/Student \$15  
David Benoit's expansive career as a contemporary jazz pianist and composer has included over 25 solo recordings.

### Ahn Trio

- » January 9, 2015  
\$39, \$34 & \$29 | Youth/Student \$15  
Born in Seoul, Korea and educated at the Juilliard School in New York City, the members of the Ahn Trio are constantly redefining the art and architecture of chamber music.

### Martha Redbone Roots Project

- » January 15, 2015  
\$29, \$24 & \$19 | Youth/Student \$15  
An Independent Music Award-winning musician of Cherokee, Choctaw, Shawnee and African American descent, Shante busting onto the scene at the 2002 Native American Music Awards, she has established a solid history of performing, educating and mentoring across Native North America and abroad.

### Marc Cohn

- » January 24, 2015  
\$44, \$39 & \$34 | Youth/Student \$15  
After winning a Grammy Marc Cohn solidified his place as one of this generations most compelling singer-songwriters, combining the precision of a brilliant tunesmith with the passion of a great soul man.

### Jesse Cook

- » February 6, 2015  
\$34, \$39 & \$34 | Youth/Student \$15  
Jesse Cook is a Canadian guitarist, composer and producer. Widely considered one of the most influential figures in "nuevo flamenco" music, he incorporates elements of flamenco rumba, jazz and many forms of world music into his work.

### Terrance Simien & The Zydeco Experience

- » February 12, 2015  
\$34, \$29 & \$24 | Youth/Student \$15  
For nearly 30 years, Grammy award winning artist Terrance Simien, 8th generation Louisiana Creole has been shattering the myths about what his indigenous Zydeco roots music is and is not.

### Spencer Day

- » February 14, 2015  
\$29, \$24 & \$19 | Youth/Student \$15

Spencer found inspiration in the works of Cole Porter, George Gershwin, Roy Orbison, Joni Mitchell, Paul Simon and many others.

### Les Ballet Trockadero De Monte Carlo

- » February 19, 2015  
\$54, \$49 & \$44 | Youth/Student \$15  
The Trocks, as they are affectionately known, quickly garnered a major critical essay by Arlene Croce in *The New Yorker*, and combined with reviews in *The New York Times* and *The Village Voice*, established the Company as an artistic and popular success.

### Ain't Misbehavin'

- » March 21, 2015  
\$39, \$34 & \$29 | Youth/Student \$15  
*Ain't Misbehavin'* is a musical revue with a book by Murray Horwitz and Richard Maltby, Jr., and music by various composers and lyricists.

### Koresh Dance Company

- » April 1, 2015  
\$34, \$29 & \$24 | Youth/Student \$15  
Koresh Dance Company was founded in Philadelphia in 1991, and is widely recognized for its superb technique and emotionally-compelling appeal.

### One Night of Queen

- » April 9, 2015  
\$34, \$39 & \$34 | Youth/Student \$15  
*ONE NIGHT OF QUEEN PERFORMED BY GARY MULLEN & THE WORKS* is a spectacular live concert, recreating the look, sound, pomp and showmanship of arguably the greatest rock band of all time.

### The Wonder Bread Years

- » April 16, 2015  
\$34, \$29 & \$24 | Youth/Student \$15  
A salute to the Baby Boomer generation, *The Wonder Bread Years*, starring Pat





The Nitty Gritty Dirt Band

» Continued from page 10

Hazell, is a fast-paced, hilarious production that gracefully walks the line between stand-up and theater.

### Sing-A-Long Grease

» April 24, 2015  
\$20, \$15 & \$15 | Youth/Student \$15

### Natalie MacMaster – Visions from Cape Breton

» May 10, 2015  
\$44, \$39 & \$34 | Youth/Student \$15

Award winning Cape Breton musician Natalie MacMaster began her fiddling career at 16 releasing her debut album *Four on the Floor*. Her musical venture now spans over three decades, completing 11 albums, performing thousands of shows and collaborating with multitude artists.

### Dan Hicks & The Hot Licks

» May 20, 2015  
\$34, \$29 & \$24 | Youth/Student \$15  
Dan Hicks is an American singer-songwriter who combines cowboy folk, jazz, country, swing, bluegrass, pop, and gypsy music in his sound. His songs are frequently infused with humor, as evidenced by the title of his tune, "How Can I Miss You When You Won't Go Away?"

### The Manhattan Transfer

» May 29, 2015  
\$64, \$59 & \$54 | Youth/Student \$15  
Forty years of dynamic vocal jazz and the tightest harmonies you've ever heard. For more information, visit [www.ec4arts.org](http://www.ec4arts.org) and [facebook.com/edmondscenforthearts](http://facebook.com/edmondscenforthearts).

## Washington Beers

» Continued from page 6

- consumed in one night
- » 2) **Craft brewing refers to:**  
a) breweries that produce less than 6,000 kegs of beer a year  
b) a group of angry women with hot glue guns  
c) a style of beer that doesn't use adjuncts to increase its yield  
d) a new hobby for bored engineers at Boeing
- » 3) **ABV means:**  
a) All Beer is Valuable  
b) the amount of alcohol in a beer  
c) how fast the beer will make you drunk  
d) A Bad View
- » 4) **IBA means:**  
a) how bitter can it get?  
b) the amount of hops in beer  
c) I better ask why  
d) In big amounts
- » 5) **The Washington Beer Commission's annual marketing budget is:**  
a) \$100,000  
b) \$500,000  
c) \$1 million  
d) what budget?
- » 6) **Cans are better than bottles for beer because:**
- a) they aren't – bottles are best  
b) light and oxygen breaks down beer  
c) they are like kegs and that's what beer drinkers like  
d) they look cooler than bottles
- » 7) **The microbrewing movement began in:**  
a) the United Kingdom (UK) in the 1970s  
b) Germany in the 1800s  
c) Belgium in 1923  
d) Seattle in 1985
- » 8) **This president de-regulated the beer market, causing a boom in the microbrewing industry:**  
a) Bill Clinton  
b) Jimmy Carter  
c) Horbert Hoover  
d) George Bush
- » 9) **As of July 2013, this country is the world's largest beer consumer:**  
a) United States  
b) England  
c) Germany  
d) China

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RIVER MEADOWS PARK  
Arlington WA



1990-2014  
25th  
Snohomish  
Festival of the River  
& PowWow

AUGUST 9 & 10

SATURDAY

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• LeRoy Bell & His Only Friends  
• Nibblers • Austin Jenckes • Peter Ali

SUNDAY

• Headliner - TBA  
• Marley's Ghost  
• Star Nayeay • Jesse Taylor • Dana Lyon

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Historic Flight Foundation | [www.historicflight.org](http://www.historicflight.org) | 425.348.3200

Everett Community College Aviation Maintenance Technology School | [www.everettcc.edu](http://www.everettcc.edu)  
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www.MustangsNorthwest.org



Cherry-Cherry Ranch

## Theatre, Festival and Music highlights for July

### FESTIVAL

#### 25th Anniversary Stillaguamish Festival of the River & Pow Wow

» August 9 & 10 with gates opening at 10am River Meadows County Park, 20416 Jordan Rd, Arlington WA 98223  
Come to this fun, family festival designed to help people who live and work in the regions surrounding Adjoining understand how their actions can help make their environmental healthier for people, fish, and wildlife.

Activities include live music, The New Old Time Chautauqua Circus troupe, Rapports in Rehabilitation display, Pow Wow, 5k Fun Run, traditional alder salmon bake, children's storytelling and entertainment stage, climbing wall, bouncy house, slide, interpretive salmon habitat tours along the river and forest edge, Pacific Science Center show, Stillaguamish cultural exhibit, food and craft vendors, and a logging show. Parking and admission is free.

### MUSIC

#### Shoreline-Lake Forest Park Arts Council Summer Events

Performances happen rain or shine. The public is invited to attend for free.

- » **KoKoJo** – July 9, 7pm
- » **Shakespeare in the Park: Two Gentlemen of Verona** – July 16, 7pm
- » **Cherry Cherry Band** – July 23, 7pm
- » **Aaron Crawford** – July 30, 7pm

#### Village Theatre KIDSTAGE

#### Performances in Everett

- » **Footloose** – Jul. 18-27
- » **Wed.** – Sat. 7:30pm, Sun. 2pm
- » **Village Theatre Second Stage**
- » **Willy Wonka** – July 18, 25, August 1, 15, noon (run time is 40 minutes)
- » **Wetmore Theatre Plaza** (outside the

Everett Performing Arts Center)

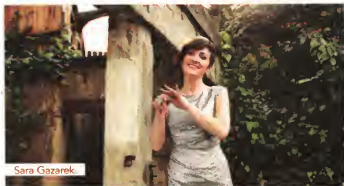
- » **Anything Goes** – August 15 - 24, Thurs. - Sat. 7:30pm, Sun. 2pm
- » **Everett Performing Arts Center**

#### Sara Gazarek

- » **July 10-13 Thursday** at 7:30pm, Friday and Saturday at 7:30pm and 9:30pm and Sunday at 7:30pm. Doors open at 5:30pm all nights.

» **The Pacific Jazz Institute** at Dimitriou's Jazz Alley  
3033 6th Avenue in Seattle  
KPLU 88.5 and the Pacific Jazz Institute at Dimitriou's Jazz Alley welcome jazz singer and songwriter Sara Gazarek for four nights. Band members Josh Nelson (piano), Hamilton Price (bass), Zach Harmon (drums) and Larry Koonse (guitar).

Amongst a community rearing with startlingly gifted young singers, Sara Gazarek stands out as a particularly extravagant artist. With Blossom & Bee (2012), Gazarek turns over an exciting, glistering new leaf. Working closely with the brilliant pianist/organist Larry Goldings, who produced the album, Gazarek and her band have crafted a program of emotionally expansive standards, inspired contemporary fare, and uncommonly memorable originals, all delivered with her insouciant sense of artistry. Born and raised in Seattle, Gazarek grew up without much exposure to jazz. In her early teens, she was inspired by musical theater and dance, but she ended up discovering and falling in love with the jazz choir at her high school (Roosevelt). The director, Scott Brown, became the first of several essential musical mentors, and he started steering her towards great jazz singers/musicians and classic jazz recordings. When Gazarek arrived at the University of Southern California (where she is now on faculty in the Jazz Studies department), she studied privately with vocalists Tierney Sutton and Carmen Bradford, pianist Shelly Berg, and bassist/arranger John Clayton, who became one of her most important champions. By 2003, people outside US were starting to discover Gazarek. She won the prestigious



Sara Gazarek



Photo courtesy of Skagit Valley Casino  
John Conlee



Aaron Crawford

» Continued from page 12

Downbeat Student Music Award for Outstanding Collegiate Jazz Vocalist, a distinction that directly led to a spot on the Concord Jazz Festival Tour (with Oleta Adams, Karrin Allyson and Diane Schuur). With three highly acclaimed CDs under her belt at the young age of 30, Sara is steeped in the jazz tradition, but is not afraid to embrace the music that moves her generation. And with the release of Blossom & Bee, she is taking her rightful place as an original artist with a sound and concept that will continue to bloom.

For more information, visit [www.saragazarek.com](http://www.saragazarek.com).

### Skagit Valley Casino Resort July line-up

- » **Expertise** –  
80's, 90's and Current Top 40 Rock

- Friday & Saturday, July 4 & 5  
» **Unified Culture** –  
Reggae and Island Style Reggae  
Friday, July 11  
» **Nitecrew** –  
Top 40 Dance Band  
Saturday, July 12  
» **John Conlee** –  
An Evening of Classic Country  
Friday & Saturday, July 18 & 19 at 8 pm  
» **Harmonious Funk** –  
R&B, Funk & Top 40  
Friday & Saturday, July 25 & 26

### THEATRE

- Queen and Ben Elton's  
We Will Rock You**  
» **5th Avenue Theatre**

### » July 8-13

The worldwide smash hit 'rock theatrical,' Queen and Ben Elton's *We Will Rock You*, built around 24 of Queen's biggest hits will rock The 5th Avenue Theatre July 8-13. *We Will Rock You* is produced by Queen Theatrical Productions, Tribeca Theatrical Productions, Phil McIntyre Entertainment and NETworks Presentations.

Tickets, starting at \$29.25, may be purchased online at [www.5thavenue.org](http://www.5thavenue.org), by phone at 206-625-1900, or at the Box Office at 1308 5th Avenue in downtown Seattle.

### Shakespeare in the Park in Lynnwood

- » **July 16 – August 7**  
7 pm Wednesdays and Thursdays  
Lynnwood Park Amphitheater,

- 18927 72nd Ave W Lynnwood  
Pack some snacks, bring a blanket and head on down to Lynnwood Park for a FREE evening of Shakespeare performed by professional theatre troupes Wooden O and Green Stage. Perfect for the whole family  
» July 16, Julius Caesar – Wooden O  
» July 17, Julius Caesar – Wooden O  
» July 23, Two Gentlemen of Verona – Wooden O  
» July 24, Two Gentlemen of Verona – Wooden O  
» July 31, Othello – GreenStage  
» Aug 7, Love's Labour's Lost – GreenStage  
For more information, visit [www.PlayLynnwood.com](http://www.PlayLynnwood.com) or call 425-670-5503.



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Woodway Hall

**Concours**  
Saturday, July 12, 2014 | 10am – 5pm  
Wine and Beer Tasting Tent  
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# SALMONFEST SEATTLE

2014

**StreetFestival**

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 Sun. Aug. 3<sup>rd</sup> 10AM-5PM

along NE 125th St

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VINTAGE CAR SHOW

 (Sat. Aug. 2<sup>nd</sup> 10AM-4PM)

PET AREA

FOOD COURT

MORE...


**SALMON BAKE**

 Fri. Aug. 1<sup>st</sup> Noon-6PM

 Sat. Aug. 2<sup>nd</sup> Noon-6PM

 Sun. Aug. 3<sup>rd</sup> Noon-5PM

 Sat. Aug. 2<sup>nd</sup> 7PM

Kid's Parade 6PM

along Lake City Way

**Parade  
DAYS**
[www.salmonfestseattle.com](http://www.salmonfestseattle.com)

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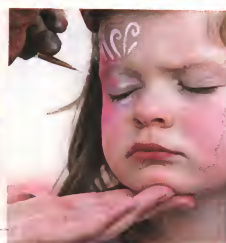


Photo by David L. Smith

## Salmonfest Seattle takes place August 1-3

Formerly known as Lake City Pioneer Days, Salmonfest Seattle is a unique Lake City neighborhood event that incorporates the many cultures found in this area of the city.

The street fair will take place August 1-3 this summer, primarily in the vicinity of NE 125th Street and Lake City Way.

Here's what you will enjoy when you attend this family-friendly event:

- » Salmon Bake with Loki Wild Salmon on the menu in the Lake City Community Center, noon - 6 pm on Friday and Saturday, and noon - 5 pm on Sunday. The salmon will be served with tradition sauces from various cultural groups in the area.
- » Beer Garden serving Elliot Bay Brewery organic beer.
- » Large food court area with vendors to support the salmon bake - including roasted corn, elephant ears and the usual fair food, along with cuisine from Vietnam, the Philippines, Italy and America. Desserts include Ben & Jerry's Moo Mobile and Philpino custard among many other delicious treats.
- » The 73-year-old Seafair sanctioned Pioneer

Days Parade with co-grand Marshalls Kabir Robinson and Devon Adelman, Special Olympians from Nathan Hale High School, on Saturday at 6 pm.

- » Kiddie Parade on Saturday at 6 pm.
- » Arts & Crafts vendors
- » Kids' area with Seattle Gymnastics equipment set up in the Union Bank parking lot, a mosaic vendor where kids can make hand painted tiles, and more.
- » Pet area in the mini-park at 125th and Lake City Way where pets can relax and get away from the heat, have their photo taken, and do some dog gymnastics; and owners can see demonstrations from the Rattle Man, Korelean Bear Dogs and other fun things.
- » Health and Wellness area between 125th and 28th, including a nonprofit area.
- » Vintage Cars on display Saturday from 10 am - 4 pm in the parking lot adjacent to NE 125th.
- » Mainstage entertainment including bands like Whiskey River and Portage Bay Big Band, and the Total Experience Gospel Choir. //

» For more information, visit [www.salmonfestseattle.com](http://www.salmonfestseattle.com).

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# North City Jazz Walk announces line up for 2014

The North City Business Association is happy to announce the lineup of performers and stage sponsors for the 2014 North City Jazz Walk on Tuesday, August 12. This is the eighth year of this popular event held in North City on 15th Ave NE between NE 175th and NE 185th. The jazz walk kicks off at 7 p.m. with 11 bands at 11 venues and delicious food items provided for the event at 6 p.m.

This year's line-up and sponsors include:

- » **Greta Matassa Trio**  
at North City Theatre  
by Law Office of Keith McCelland
- » **Shear Jazz Quintet**  
at North City Bistro  
by Marlin Gabbert
- » **Danny Quintero and Critical Mass**  
at St. Mark Catholic Church  
by Anderson House
- » **Pearl Django**  
at Easy Monkey Tap House  
by Law Offices of Scott Lawrence
- » **Jacqueline Tabor Jazz Band**  
at North City Water District  
by Shoreline Breakfast Rotary Club
- » **Freddie James and Junior Duo**  
at North City Lounge  
by Suni's Pizza
- » **Greg Schroeder Quartet**  
at Bounty Coffee House  
by the Bounty Coffee House
- » **Jimmy Holden Band**  
at North City Eagles  
by Dr. Eric Lee
- » **Entre Mundo Salsa Quartet**  
at Phoenix Art Restoration  
by Rallie Jamero
- » **Hook Me Up**  
at Frank Lumber Delivery Store  
by Lancaster Law Office and  
Rain City Rotary Club
- » **Shoreline Jazz Camp  
Students and Faculty Band**  
at Industrial Air  
by Shoreline-Lake Forest Park  
Arts Council

Tickets are \$12 plus a handling fee and available now at [www.northcityjazzwalk.org](http://www.northcityjazzwalk.org), or they can be purchased at North City businesses starting July 25 and the night of the event for \$15. //



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## 2014 NORTH CITY JAZZ WALK

LIMITED TICKETS AVAILABLE

**AUGUST 12, 2014** 15TH AVENUE NE, SHORELINE

**GRAB A JAZZ BITE ON THE STREET AT 6PM!**

**MUSIC STARTS AT 7PM!**

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BY

The 8th Annual North City Jazz Walk will kick off this year with 11 eclectic groups that offer a close-up experience with some of the area's best jazz players.

**GRETA MATASSA TRIO AT NORTH CITY THEATRE**

**PEARL DJANGO AT EASY MONKEY TAPHOUSE**

**GREG SCHROEDER QUARTET AT THE BOUNTY COFFEE HOUSE**

**JAZZ CAMP STUDENTS & FACULTY BAND AT INDUSTRIAL AIR**

**CRITICAL MASS BIG BAND AT ST. MARK CHURCH & SCHOOL**

**JIMMY HOLDEN BAND AT NORTH CITY EAGLES**

**ENTREMUNDOS QUARTETO AT PHOENIX ART RESTORATION**

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## Tips for gearing-up for outdoor enthusiasts

For outdoor enthusiasts, it's always the right season to get outdoors. Whether you are mountain climbing, backpacking in the sun, or even headed to a snowy climate for some skiing, certain gear and tips can make it easier.

### Skin protection

For most outdoor adventures you won't be decked out in a bathing suit, but your exposed skin can still get burned and permanently damaged. In fact, if you will be mountain climbing or simply enjoying nature in a hilly terrain, protecting your skin from harmful UV rays becomes more important at high altitudes.

Be sure to pack a good quality sunscreen with a high SPF that protects against both UVA and UVB radiation and is water resistant. During breaks, don't forget to re-apply — every two hours is a good guideline to follow.

### Durable gear

It's always a good idea to outfit yourself with the proper gear, when selecting a watch you should opt for something sensible and functional. A water and low temperature-resistant watch that not only tells time, but monitors nature's elements, can keep you

informed with useful information.

For example, the latest watch in the Pro Trek series, the PRW3000-1, uses atomic timekeeping technology and features Triple Sensor Technology, this means it has an altimeter, barometer and thermometer and a digital compass with bearing memory. And because it's solar-powered, you can be eco-friendly on your outdoor excursions.

More information about durable, outdoor watches can be found at [www.ProTrek.Casio.com](http://www.ProTrek.Casio.com).

### Temperature control

Being active in the outdoors means that you can quickly go from being hot to being cold. These temperature swings can make you uncomfortable. But the right clothes can do away with this concern.

For your base layer, think moisture-wicking fabrics that are breathable. You may not be able to actually control the weather, but you can look into new gear designed to help you pretend that you can. From caps to adjustable foot warmers, you can stay cool or warm up as you go.

Before heading outdoors, take the time to properly outfit yourself. //



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**Robert L. Stanton, DPM**

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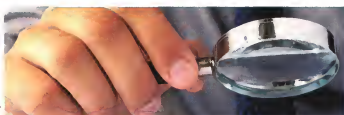
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## How to check for bedbugs

With the travel season heating up, it's time to face the facts: bedbugs are more than the creatures we were warned about in a nursery rhyme. According to the Centers for Disease Control and Prevention (CDC) and the U.S. Environmental Protection Agency (EPA), the United States is experiencing an alarming increase in the number of bedbug populations. In addition to being found in private residences such as apartments and single-family homes, bedbugs are increasingly affecting restaurants, hotels, hospitals, schools and day care centers.

Board-certified dermatologist Seemal R. Desai, MD, FAAD, who maintains a private practice and serves as clinical assistant professor of dermatology at University of Texas Southwestern Medical Center said, "The most common sign of bedbugs is having bite marks on your body."

To help find bedbugs before they find you, Dr. Desai recommends looking for the

following signs near places where you sleep:

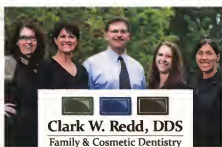
- » **Specks of blood on bedding, mattresses or upholstered furniture:** Look carefully at your blankets, sheets and mattress pads, and then check the mattress and box spring. Are there specks of blood anywhere, especially near the seams? If so, there could be a bedbug infestation. You should also check for specks of blood on all upholstered furniture, including couches and headboards.
- » **A sweet, musty odor:** If you notice a sweet, musty odor in your hotel room, cruise ship cabin or other sleeping area, there may be a heavy bedbug infestation in the room. Bedbugs produce chemicals to help them communicate, although not everyone will notice the smell.
- » **Exoskeletons:** Bedbugs have an outer shell that they

shed and leave behind. Do you see shell-like remains on the mattress, mattress pad or beneath couch cushions?

- » **Tiny, blackish specks:** If you see blackish specks on the bedding, mattress or headboard, it could be bedbug excrement.
- » **Eggs:** After mating, female bedbugs lay white, oval eggs in cracks and crevices. Keep in mind that these will be small, as a bedbug is only about the size of an apple seed.

"Most people who get bedbugs do so while traveling, making it critical to keep an eye out for them," said Dr. Desai. "If you do get bedbugs and have many bites or a bite that looks infected, see a board-certified dermatologist. A dermatologist can treat an infection and help relieve the itch."

For more information, visit [www.aad.org](http://www.aad.org).



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## Mental health tips for parents of teens and young adults

If you are the parent of an older child or teen, you may not think about his or her day-to-day mental needs as often as you did during early childhood. But older kids also are dependent on you, especially when it comes to emotional health and wellness.

"Life transitions, romantic situations, stress and exposure to drugs and alcohol are just a few of the challenges facing a teen or young adult," says James Perrin, MD, FAAP, 2014 President of the American Academy of Pediatrics (AAP). "As a parent, you can help ease these transitions and encourage positive choices."

The AAP offers these tips for parents to foster good mental health:

- » At each new stage in your child's life, be extra vigilant for signals that he needs extra support. Be ready to provide it.
- » Check in often and keep the lines of communication open. If your child is away at college or has moved out, speak regularly by phone. Children should know that they can talk to you about anything. Be committed to broaching tough topics. Talk about your own experiences and fears when you were an adolescent.
- » If your teen has a mental health diagnosis, he or she will need extra support. Pediatricians, school counselors and mental health professionals are important resources.
- » Watch for mental health red flags, such as excessive sleeping, personality shifts, excessive moodiness, noticeable weight loss or gain, excessive secrecy or signs of self-harm.
- » Don't skip the annual physical. Not only are teens still on a vaccination

schedule, but check-ups are a crucial opportunity to talk to your pediatrician about any concerns, as well as diagnose any potential physical and mental health issues. It's also a great time for teens to seek confidential advice.

» Safeguard your home against prescription drug abuse by keeping your own medications locked. According to the AAP, prescription drug misuse by adolescents is second only to marijuana and alcohol misuse. The most commonly abused prescription drugs include Vicodin and Xanax.

» Provide logistical support for young adults like completing health forms and physicals for college, setting up accommodations at school if they have a mental health diagnosis, finding physicians to care for their adult needs, and signing up for health insurance. Your pediatrician's office can help.

» Help limit teens' stress. Don't encourage them to take on excessive time-consuming extra-curricular activities. Avoid comparing your children. Every child has his own strengths.

» Encourage habits that reduce stress and promote physical and mental health, such as a well-balanced diet, getting at least seven hours of sleep a night, and regular exercise.

» At this age, it's important for parents to arm their older children with coping skills that will serve them throughout life, rather than handling everything for them.

More health tips for parents of older children, teens and young adults can be found at [www.HealthyChildren.org](http://www.HealthyChildren.org). //

— Article courtesy of StatePoint Media



## Protect your family from harmful UV rays

Ultraviolet (UV) rays are a danger to skin and eyes year-round, playing a contributing factor to skin damage, skin cancer and eye disorders like cataracts. With people spending more time outdoors in the summer months, it's a great time to protect your family.

"The more time you spend outdoors without protecting your eyes, the greater your risk for ocular damage," says Dr. James Winnick, an optometrist with VSP Vision Care, the largest not-for-profit vision benefits company in the United States.

Rather than avoid the problem entirely by seeking refuge inside, take steps to mitigate your risk in the sun.

### Consider risk factors

While all people need to protect their eyes from UV radiation, some populations are more sensitive than others to the sun. For example, children don't yet have the natural protection in their eyes that adults have, and people get most of their exposure before they are 18. Additionally, people living with diabetes have increased light sensitivity.

No matter who you are, protecting your eyes outdoors is crucial, say experts.

"One of the most convenient ways to ensure you're constantly protecting your eyes from UV rays and excess light is to opt for photochromic lenses, which are lenses that darken automatically to changing sunlight conditions when outdoors," says Winnick. "These lenses can be especially useful for kids and adults who have trouble remembering to switch from their regular glasses to sunglasses throughout the day."

### Protection for the entire family

Photochromic lenses are a great way to ensure everyone in the family is getting

automatic and constant protection from UV radiation — whether it's playing in the backyard or walking from the car into the office. And an added benefit is that your eyes will be much more comfortable in all light conditions, helping reduce eye strain and squinting.

### Choose wisely

It's important to look for a brand of photochromic lenses that both darken and fade back quickly. For example, a new type of photochromic lenses called sungnyce starts darkening within seconds of UV exposure and returns to clear within just minutes of going indoors. More information about sungnyce lenses can be found at [www.vsp.com/sungnyce](http://www.vsp.com/sungnyce).

### Reflected light is a concern

Sunlight is reflected off water, sidewalks, buildings — almost everything — and it goes in every direction. While sunglasses and photochromic lenses protect from UV light passing through the front of the lenses, a new trend in eye protection takes on the back side of lenses as well.

A special anti-reflective treatment can now be added to the back of lenses that helps prevent UV radiation from reflecting off of them and into your eyes. The great news is that some lens brands, like UNITY, offer this "backside UV" treatment at no additional cost depending on the options you choose for your new photochromic lenses.

Don't wait for UV exposure to get the best of your eye health. Just as you use sunblock, you should have some protection for your eyes throughout the day. This summer, take steps to better protect your family and yourself. //

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## Healthy weight loss that works

Losing weight to look good may be a great motivator. An even better motivator is to get healthier, as excess fat tissue breeds inflammation, which can contribute to many debilitating and deadly diseases. And according to many doctors, even just a modest amount of extra weight can be damaging to your health.

"When it comes to diets, if you've 'tried them all' and failed, some experts say that could be part of the problem.

"Most diet books and programs promise a quick fix for weight loss — for example, avoiding all carbs, eating only raw foods or amping up protein. These fad diets show little respect for the fact that a well-balanced, nutritious diet is critical for our bodies to function properly," warns Dr. Jennifer Sacke, an associate professor of Nutrition at Tufts University and co-author of the book, "Thinner This Year: A Diet and Exercise Program for Living Strong, Fit, and Sexy."

In "Thinner This Year," Sacke, along with motivational speaker and co-author Chris Crowley, offer a layman's explanation of the science of diet and exercise, believing that if people truly understand what's going on inside their bodies, then they're more likely to make long-term lifestyle changes.

"You don't need a fancy gadget and there is no single magic exercise," says Crowley. "Health and wellness means a serious lifetime commitment to good nutrition and plenty of exercise."

With that in mind, the writing duo is offering some tips for losing weight the healthy way and keeping it off for life:

- ▶ **Make up your mind.** Set your goal and go for it. This will mean embracing changes in your habits and routines.
- ▶ **Exercise for the rest of your life.** Stay motivated by keeping things interesting and changing your workout routine periodically. Try new exercise classes or sign up for a big race.  
"Exercise works like crazy and it changes lives. Big time," says Crowley.
- ▶ **Eat less and be mindful.** Don't "super-size yourself." At the same time, don't skip meals. Doing so can lower your metabolism and make you more susceptible to binge eating later.
- ▶ **Don't eat "dead food."** — food that is loaded with calories and offers little nutritional value. Skip or limit refined flour, refined sugar, high fat meat and solid fat. Eat healthy fats in moderation and avoid saturated and trans fat. Likewise, don't drink your calories. Instead, load up on fruits, vegetables, whole grains, low-fat dairy and lean meats.
- ▶ **Learn more.** Truly understand the changes that are taking place inside your body as a result of your hard work, so you can be motivated to keep going. For more tips on healthy ways to lose weight and keep it off, visit [www.ThinnerThisYear.com](http://www.ThinnerThisYear.com). //

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# LEARN & LEAD

## Transformation Coaching: Leading without judgment

Judgment is ubiquitous.

What do you think of someone who has a nose ring? Goes to that concert? Lets their kids do that? Shows that much cleavage? Works from home?

You are a leader. You lead yourself, family and friends, community, and those in your workplace. The problem with judgment is that no one will follow you when you are judging them. You even lose your ability to lead yourself when all you hear in your head is negative self-talk.

### Leadership Skill: Lead without judgment

- » Exceptional leaders start from the premise that people are naturally creative, resourceful and whole. People are capable.
- » If you believed that you were capable, you would know that you could lose that 20 pounds.
- » If you believed that your spouse was capable, you would assume that she had a reason that she was reluctant to work with a financial planner.
- » If you believed that your teenager was capable, you would recognize that his attempt to maintain his pants ten inches below his waist had its basis in something other than idiosyncrasy.
- » If you believed that your friend was capable, you would assume that his uncharacteristically short fuse had its basis in something important.
- » If you believed that your employee was capable, you would realize that getting to work an hour late was somehow making sense to him.

Clearly, assuming that your fellow human beings are naturally creative, resourceful and whole does not mean that their behavior doesn't warrant further discussion. But it does mean that the conversation is civil, respectful and filled with genuine curiosity about what is motivating what you see. You create a safe place to gain understanding, and then you know how to guide and to inspire. Therein lies the power of leading without judgment.

### How are you doing, 0 to 10, leading without judgment?

Until last month, I would have told you that I was about an 8. I generally don't judge others, and my clients know they can count on me to interact with them as naturally creative, resourceful and whole.

But at Folklife this year, I was humbled by my thoughtless words to my friend. I had just bought two new hats, and we were sitting on the grass listening to music and people-watching. I turned to her and said, "I don't like it that I've only seen my new hats on ugly women." The shock on her face reinforced my shock at hearing the words come out of my mouth. Did I think that was cute? Did I think I would only be lovely in my new hats if I saw them on lovely women? Worst of all, did I judge everyone's looks to be beautiful, neutral or ugly? It was all bad.

Was I ever going to have the opportunity to lead those specific women? Probably not. But the words that each of us utter freely to the world join the collective shaping of cultural thought. Is that what I want others to be thinking and saying? No.

What is the learning here? Judging is easy. It is natural. But it is not valuable. It creates distance. It never invites a leader to be curious about herself and her team. It never yields an understanding that is crucial when inspiring others.

Begin with yourself. Don't judge, even your failures. Be curious about them. Inspire yourself to grow and change.

Remember that the principle people in your life are capable. Treat them that way.

Quit judging groups of people. Get curious about individuals. Understand them. Then you can change the world. //

Mary Beth King

Mary Beth King is a professionally certified executive coach with True Life Coaching. [www.truelifecoaching.com](http://www.truelifecoaching.com). She provides leadership training and coaching to executive teams, community leaders and individuals.

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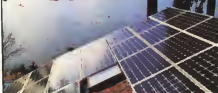
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## Choosing the best tile for your home

When you are choosing tile for your home there are a lot of factors to consider beyond just which color you fancy for your bathroom or backplash. Let's consider four important elements of choosing your tile beyond the basic question of whether it matches your design for the room.

### Type of tile

There are many different kinds of tile. Let's focus on ceramic, porcelain and stone tile, the three most common terms you'll hear. Ceramic tile and porcelain tile are both made of fired clay. When you hear ceramic it will usually refer to a classic looking tile with a softer body (a tile you could break with your hands) and a glaze on top, like you'll often see for the common 3x6-inch subway tile. When you hear porcelain it will usually refer to a harder body, higher quality tile that is much harder to break. Porcelain tiles are better suited to floors than ceramic tile because they are stronger, and they can also be made in much larger sizes such as the common 12x24-inch tile. Through-body porcelain means that the color stays the same from the surface all the way through the body, instead of having a colored glaze on top of a lighter body. This is good because if you get a chip it will still match instead of showing a white chip mark. Stone tiles are made from any kind of natural stone from granite to marble to travertine.

### Thickness and size

Not all tile is made equally. Some tiles are very thin, others very thick. This affects not

only durability and whether it is suitable for a floor, wall or other application, but also how easily it can be paired with other tiles. If you choose a field tile (the main tile for your surface) that is one-fourth inch thick, and an accent tile that is one-eighth inch thick, be sure that you have determined how you are going to lay it for the best look. A good installer can install the two to be flush, but it will cost more.

You could also put another decorative tile like a pencil liner tile (frequently 12 inches long and dome shaped) between the two layers to so those accent and liner tiles are usually priced per piece and can add up in cost extremely fast.

The other consideration is size. Just because the tile is marked as a 3x6 tile does not mean it is actually 3x6-inch. It might be 2.75x5.75-inch. That isn't a problem unless you are trying to partner it with another tile that really is a true 3x6-inch. Be sure to check your real dimensions.

### Finishing pieces

Often you will have places where the tile ends but does not butt up against a wall or appliance and you want to know how you are going to finish off those exposed edges. Classic ceramic tile often comes with a matching bullnose, that is, a tile with a rounded glazed side that will cleanly finish the edge. It won't always be the same size as your main field tile, so find out your size options and plan your layout accordingly. These bullnose pieces are also priced per piece, so watch that it doesn't blow your budget.

Continued on page 25 »

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## InsideOut: Taming kiddie clutter

Anyone who has ever had a toddler can attest to the overwhelming potential for toy debris after just a few hours of play. But there are some clever storage ideas that can relieve clutter and chaos, even in small spaces.

One of the secrets is to create storage areas in unexpected places. Consider placing a tall, narrow bookshelf on each side of the child's bed. These can hold everything from collectibles to nighttime story books. Place baskets on the lower shelves to hold small dolls and action toys. Bedtime books and other items room and dad reach for can go on the higher shelves.

The inside of a closet door can become a great storage solution. Simply hang a calendar, memo board or corkboard to tack up school calendars, artwork and team schedules. Repurpose a shoe organizer and hang

it over a door and voila, you have a place for stuffed toys, art supplies and other items that otherwise would clutter up the floor of your child's room. You can even get creative and make your own organizer out of an old quilt.

Another great option, if you have the space, is to create a window seat with storage bins underneath. You can purchase or build a simple, freestanding bench that can sit beneath a window. Place a cushion and some pillows on it for comfy seating and add storage bins beneath to store toys, games, books and the like.

Take advantage of corners and odd bumpouts by installing built-in shelving systems. The lower shelves can hold toys and books your child uses and higher shelves can be used for breakable things that only the adults use or access.

Never underestimate the power of the bin. Storage bins and baskets come in all sorts of shapes, sizes and materials, and are relatively inexpensive. You can store everything from large, outdoor toys to small puzzle pieces. Color code the bins for specific types of toys or attach photos of the types of toys to the front face of the bins so little hands know exactly where to find and replace favorite toys. There are bin storage units designed to stack in bookcase-like configurations you can design to fit the dimensions of your child's room or playroom.

If you need storage space in the living room but don't want toy bins in plain sight, an old armoire can be repurposed into a storage unit for a child. Paint it as a fun accent piece for the room and you have an instant way to get toys and clutter off the floor and out of sight.

Likewise, a wooden chest can be a wonderful decorative element in a child's room and great for holding larger toys like princess sets or large toy cars. Be sure to equip it with safety hinges so the lid doesn't accidentally slam down on little fingers. If the chest is large enough you can even use it for smaller toys by setting storage bins or baskets inside the chest to organize smaller toys for younger children.

Having an organized storage system will help make putting things away fun and easy for everyone. //

Melanie Workhoven

The Master Builders Association of King and Snohomish Counties provided information contained in this article. For more information or to find a qualified professional, visit MasterBuildersInfo.com.

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Photo by Linda Roe

## To Bee or not to Bee

By Linda Roe

There is something intoxicating about walking through a fragrant and blooming garden alive with the sound of bees. A gardener is drawn to the color and fragrance of a blooming garden, but to a bee this is a banquet bouquet. While bees are an important part of a flower garden, they are absolutely essential to a veggie and fruit garden. By buzzing busily about collecting nectar, bees carry pollen from flower to flower, ensuring pollination and therefore, fruiting.

When people think of bees, it is usually of the black and orange hive dwelling, honey producing kind. These are the most common and essential pollinators for orchardists. Commercial orchardists hire beekeepers to move their hives from crop to crop. Fruit gets pollinated; we get honey for our morning toast. Honeybees can travel up to three miles in a 'beeline' from flower to hive. Honeybees that produce a new queen bee will swarm, and if not captured by a beekeeper, will construct nests in hollow logs.

Even though honeybees are the most important pollinating bee, they are not the only ones. The big black and yellow bumblebees are one of the first insects to come out in the spring and you will see them bumping around in the winter heather and crocuses. A smaller species of bumblebee is the pollinator of my berry crop, covering the raspberry flowers, then moving on to the beans and squash later in the growing season.

Much has been made of the small orchard mason bees, and with good reason. In our cold, wet springs these tiny black helpers can 'bee' found moving about our apple and cherry blossoms, undaunted by the weather. Put out a mason bee house and watch as they move in. Then you will see the little holes plugged up, that's how you will know they are there.

Honeybees and bumblebees will generally not sting unless provoked, but in every family there will be a few obnoxious relatives, and the bee family is no exception. "Mad as a wet hornet" is a descriptive phrase indeed. Hornets

and wasps can be unwelcome guests in our attics, and yellow jackets are the familiar picnic pests. They are not pollinators, but they do eat garden insect pests.

Since bees are so beneficial in the garden, what's the buzz on keeping them happy? If you plant flowers that bloom over a long period and try to have something in bloom throughout the growing season the bees will be happy. Bees seek out flowers rich in nectar and pollen, so stay away from the overly double flowers that have little nectar, and make it difficult for the bees to access the center of the flower.

There are, however, lots of showy flowers that are good bee plants, and chances are you already have a few in your yard. Rhodesias are bee favorites, as well as crocus and bleeding heart that can be tucked underneath. Everybody loves roses and so do bees, but they prefer the single and semi-double roses, so add a few to your garden. Edge the garden with catmint (Nepeta); its blue flowers are a bee (and hummingbird) magnet.

To bring the bees where you really need them, grow herbs with or near your veggie garden. No bee can resist blooming, fragrant herbs. Some of the ordinary garden perennials are bee banquets and anything you plant for hummingbirds and butterflies will generally attract bees as well. A plant with the name of bee balm (Monarda) is sure to 'bee' a winner, as is one called hummingbird mint (Agastache). Honeybees will blanket the fall blooming sedums, one of the best bee plants I've seen.

Keeping your bees busily buzzing, however, involves more than planting pretty flowers. You must 'bee' very careful with pesticides because bees are, after all, insects. Don't use them at all, or wait until evening when the bees have gone back to the nest. Bumblebees are ground nesters so garden a little on the wild side, and let some space in the backyard go undisturbed by lawn mowers and weed whackers. Lastly, leave the white clover in your lawn; hundreds of honeybees will thank you, just don't go barefoot! //

# Multiple PUD programs make bill payments easy

Snohomish County PUD offers many easy ways for customers to pay their bills. In addition to sending payments by mail, customers can pay at PUD local offices, pay online through their bank or the PUD's SnoPay program ([www.snopud.com](http://www.snopud.com)) or use a credit or debit card to pay by phone (1-888-909-4628).

In addition, there are other resources that may be useful:

## >> Budget Payment Plan

The PUD offers a Budget Payment Plan that's designed to make bill paying easier by calculating equal payments for customers each month through the year. The plan is available at any time of the year to customers with a zero balance. The PUD recommends that you obtain one year of service at your current address before starting the plan to establish an accurate payment amount. You may apply for the BPP by phone or in person at any PUD office. Customer service representatives are available to quote a monthly payment for you or answer any other questions.

## >> Low income and senior assistance

Each year, PUD assistance programs

help thousands of senior citizens and low-income customers who are struggling with electric bills. The programs offer discounts of 20, 40 and 60 percent off normal rates. The low-income discount currently is available to PUD customers who have a household annual income that is below 125 percent of the federal poverty level (\$29,813 for a family of four). Also eligible for discounts are senior citizens who are 62 years of age or older and have a combined disposable annual income of less than \$27,792.

## >> Help from customer and employee contributions

Project PRIDE is a program to help low-income customers, funded through voluntary donations from PUD ratepayers and contributions to the Red Cross of Snohomish County. Another local program, Helping Hands, receives donations from PUD employees to assist low-income senior citizens with their utility bills.

To learn more about these programs or how you can contribute to help others call PUD Customer Service at 425-783-1000. //

## Choosing tile » Continued from page 22

Many tiles do not come with matching bullnose as an option, so you have to choose a different way to finish your edge. This is especially true if you are using stone or porcelain tile. In that case, or if you don't like the look of bullnose or don't want to pay the extra money, you have two really good options. One choice is to use a product called Schluter. That is a small metal edging piece that comes in a number of styles, applications and finishes from polished nickel to oiled bronze, and even white. Installed well it can give a really clean, finished look. It's most at home in contemporary styled homes. Another choice, assuming you are using a through-body porcelain or stone tile, is to have your installer polish the edges of the tile and leave them clean with just the tiniest bit of grout or caulk filling in the edge. This can look spectacular when done well. If you choose an accent tile to go with your porcelain or stone, make sure the ends of that tile are considered too.

## Practicality

When choosing your tile, be sure to think about practicality, too.

Textured stone tile might look amazing in a zen-garden-shower, but are you prepared to scrub the soap scum out of the pores and grooves? Or to scrub spaghetti sauce out of your hand-carved backplash?

Plan for safety. A 12x12 or 12x24 marble tile might be just gorgeous on your bathroom floor, but will it be safe, or slippery, when wet? This is especially important if you are planning to retire in this home and with this bathroom. A smaller marble tile with more grout, or a more textural tile, will be much safer.

Consider appearance. When choosing a tile for your floor, think twice before choosing a perfectly solid colored dark or white tile, as either will tend to show every piece of lint and hair that falls, just like a perfectly white carpet or a black pair of pants. A little pattern or a medium tone will make your life a lot easier.

Be careful not to stain the stone. A beautiful marble or travertine bathroom is a look that will never go out of style. But marble, travertine and limestone are all stones that can be stained or marked with acids, so don't use soap-scrubbing cleaners on them and be careful with your cosmetics and hair dyes, too.

Keeping these things in mind will help you choose the right tile for your remodel. A good education will keep you away from delays and extra costs, and make for an easier and less stressful remodel. //

Rebecca West

Rebecca West of Revolve Design is a Seattle-area interior designer and environmental coach, specializing in helping transform spaces for clients in transition. You can reach her team for help with style, design and area remodels at [design@revolve.com](mailto:design@revolve.com), and see her work at [www.revolve.com](http://www.revolve.com).

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Photo courtesy of Best in Class Education Center

## Camps & Classes 2014: Summer fun for everyone!

### Day Camps // Educational Outdoor Fun // Gymnastics // Technology

Camps are as unique as your child is. Whether your child loves to dance around the house, do cartwheels across the backyard, is ready for more organized sports, or is ready for a little guidance to channel their penchant for all things tech into a future career — there's no better way to find that special place for them than right here. Our spring and summer Camps and Classes section has camps for everything from camping to chess, from education and design to just good of 'summer fun'. This year, take advantage of the beauty and accessibility of the Puget Sound region and the professional educators in our area by sending your child to one of these time-tested and often returned to camps nearby. >>>

#### DAY CAMPS

##### Alderwood Boys & Girls Club Summer Camp 2014

Alderwood Boys & Girls Club offers 10 weeks of camp this summer, including Day Camps, Sports Camps, Teen Camps and Robotics Camps for kids going into Kindergarten through ninth grade. DSHS is accepted and camp hours are from 9 am to 4 pm with free before and after care provided from 6:15 am to 6:15 pm.

For more details e-mail Charla at [capana@bgsc.org](mailto:capana@bgsc.org), call 425-774-3022, or visit our website at [www.bgsc.org](http://www.bgsc.org).

##### Dale Turner Family YMCA Summer Camps

Active Minds, New Challenges & Fun Adventures at Dale Turner Family YMCA Summer Camps.

Our Summer Camps offer your child the opportunity to grow through exploring the outdoors, building self-confidence and independence, learning core values, developing life skills and being actively engaged. From magic camp to sports camp to horse-back riding camp — we have fun options for every child!

For more information or to register, please visit [ykids.org/dal](http://ykids.org/dal).

See more at:  
<http://ykids.seattleyymca.org/dale-turner-family-ymca/summer-camps>.

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[ykids.org/dal](http://ykids.org/dal)

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» Continued from page 26

### King's Schools is the place to be this summer!

With the same excellence parents and kids have come to expect at King's Schools in Shoreline, King's Schools offers the following Summer Day Camps for ages 5-18 taught by King's teachers and coaches located on our beautiful, spacious campus.

SummerBreak Day Camp offers ten themed fun-filled weeks for ages 5-12 years from 9:30 am with extended care available.

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- » **STEM Camps:** Robotics, Chess, Programming, Engineering, Animation and so much more!
- » **Academic & Enrichment Camps:** Reading, Writing, Math, Science, Pottery, Art and so much more!
- » **Music Classes:** Instrumental and Vocal.

Register at [www.kingsschools.org](http://www.kingsschools.org).  
Questions welcome at (206) 546-7595.

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ate and learn collectively during our group activities which include math exercises, math word problems, gifted test preparation, logic exercises, reading comprehension, grammar, vocabulary, creative writing, reading, games, and much more. Students practice the lessons with the supervision and guidance of our helpful instructors. Children have never had so much fun before!

For more information, visit  
[www.bestinclasseducation.com](http://www.bestinclasseducation.com)

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For more information, visit  
<http://new.shoreline.edu/virtual-college>.

#### Additional programs at Shoreline Community College

- » University Transfer programs that provide a strong STEM (Science, Technology, Engineering and Math), Humanities or Social Science foundation

Continued on page 28 »

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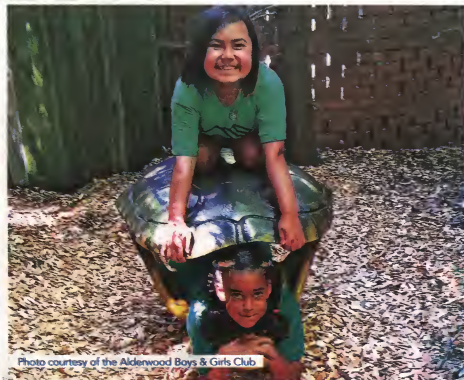


Photo courtesy of the Alderwood Boys & Girls Club

» Continued from page 27

- » Automotive technology with Honda, Toyota, GM and Chrysler tracks that offers 100 percent employment for graduates
- » Nursing that has a 100 percent pass rate on national RN exams for graduates
- » Biotechnology that targets Seattle area Biotech firms
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- » Lake City – (206) 362-7447  
12535 26th Ave NE
- » Lake City Glade Team Training Center  
(206) 267-3108 – 12737 28th Ave NE

For more information,

visit [www.seattlegymnastics.com](http://www.seattlegymnastics.com).

## GYMNASTICS

### Seattle Gymnastics Academy

Seattle Gymnastics Academy offers a variety of gymnastic classes and teams for kids, juniors and teens. It also features events for toddlers and children, including The Seattle Preschool in Lake City and Ballard Preschool, an indoor playground, Parents' Night Out and children's birthday parties.

Seattle Gymnastics Academy exists to build strength, skill and character through gymnastics training while promoting healthy, active, happy children. We don't focus solely on the physical strengths and skills for gymnastics, we also strive to instill life lessons of persistence and determination. Our students have fun climbing, tumbling and being upside down, but they also build body awareness, coordination, balance, strength and flexibility while learning how to think about what they did, make a correction and try again.

## OUTDOOR FUN

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Camp is a safe, exciting experience where young people explore the outdoors, build self-esteem, develop interpersonal skills, and make lasting friendships and memories.

The YMCA of Snohomish County offers a variety of programs to meet the different needs and interests of your kids and family. Summer sessions are designed to combine fun and adventure with age-appropriate, counselor-based programs which incorporate new skills, outdoor education, learning, and group activities.

- » Preschool/Kindergarten Camp – Ages 3-6: Offered through the Monroe YMCA.
- » Summer Discovery Camp –

Continued on page 29 »





Photo courtesy of Shoreline Community College

» Continued from page 28

**Ages 6-12:** Weekly themes and field trips. Offered through the Everett, Marysville, Mill Creek, Monroe, and Mukilteo Family YMCA branches.

» **Sky-Y Camp** – Ages 6-11:

An outdoor day camp experience held at Hole in the Sky Park. Offered through the Mill Creek Family YMCA with a Mukilteo YMCA drop-off option.

» **Mini Camps** – Ages 4-6:

Offered at the Everett and Marysville YMCAs. Mini camps provide social interaction, hands-on activities, exploration and fun for younger campers.

» **Sports Camp** – Ages 5-14:

Full and half-day camp options. Offered through the Marysville, Monroe, and Mukilteo Family YMCA branches.

» **Specialty Camp** – Ages 6-12:

Full and half-day options. Art, Theatre, Cooking, Porpoise, Science, Kayak, Dance, Jump Rope and more. Offered through the Mill Creek, Monroe and Mukilteo Family YMCA branches.

» **Horse Camp** – Ages 5-14:

We offer a horse camp experience to meet the needs of all horse lovers. Prices vary by camp. Offered through the Everett, Mill Creek, Marysville, and Mukilteo Family YMCA branches.

» **Skateboard Camp** – Ages 4-16:

Skateboard instruction for all levels. Prices vary by camp. Offered through the Mukilteo Family YMCA.

» **Teen Xtreme** – Ages 11-14:

Get ready for serious fun and adventure! Weekly field trips. Offered through the Marysville, Mill Creek, Monroe, and Mukilteo Family YMCA branches.

» **Xtreme Adventures** – Ages 8-16:

Overnight travel camps to exhilarating locations. Prices vary by camp. All camps will leave from the Everett Family YMCA.

Visit [www.ymca-snoco.org/camp](http://www.ymca-snoco.org/camp) for camp information, forms, and our camp brochure. Camp registration begins March 26.

For more information, visit us at [www.ymca-snoco.org/camp](http://www.ymca-snoco.org/camp).

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**Many of the Edmonds School District students' families will not be able to put food on the table tonight.**

We are developing a program to meet this great need. Please vote for the Edmonds Public Schools Foundation to win a vehicle for the new Nourishing Network that will help deliver food to homeless kids all year long. Take a moment and vote. It will be the best thing that you have done all day!

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In every community there are citizens and organizations who make life better for the rest of us. Here are a few that came to our attention this month, along with some opportunities for us all to give back. >>>

## Lynnwood gears up for National Night Out Against Crime

Sign up your neighborhood group  
now to participate on August 5  
for the annual event

The Annual "National Night Out Against Crime" celebration for 2014 is scheduled all across America for Tuesday evening, August 5. National Night Out (NNO) is when residents turn their porch lights on, lock their doors and go out and meet their neighbors in the name of crime prevention. In 2013, more than 35 million people in thousands of communities across the country participated in NNO.

NNO is designed to

- » Strengthen neighborhood spirit and police/community partnerships
- » Send a message to criminals letting them know that neighborhoods are organized and fighting back
- » Heighten crime and drug prevention awareness
- » Generate support for and participation in local anti-crime programs

Statistics prove over and over that neighbors knowing one another and watching out for each other reduces crime.

The Lynnwood Police Department in collaboration with the Lynnwood Target store, Family Center of South Snohomish County, the Lynnwood Fire Department, other city departments and Edmonds Community College encourages residents to organize a neighborhood event to bring neighbors together on August 5. By involving several households in each neighborhood it becomes a real community building effort and everyone shares in the expense and fun of putting on a block party that can be as simple as ice cream sandwiches or grilling, a pool party or a potluck.

If you are interested in making this happen in your neighborhood within the city limits of Lynnwood on August 5 call Lisa Wellington with the Crime Prevention Unit at 425-670-5635 to register your NNO event.

Changing Lives One Page  
at a Time – Ninth annual  
Hope Within luncheon

Domestic Violence Services of Snohomish County is holding its ninth annual Hope Within Luncheon on Thursday, July 24, from noon to 1:30pm at the Comcast Events Center in Everett. Doors open at 11:30am.

Join keynote speaker New York Times bestselling author J.A. Jance for a book signing and discussion of her new Joanna

Brady suspense novel, *Remains of Innocence*. Jance has a personal story related to domestic violence which she will be sharing, and the topic is a key part of her new novel.

Cost for lunch is \$15 per person. A donation will be requested at this event for DVS. Sponsorship opportunities are still available. Go to [www.dvs-snoco.org](http://www.dvs-snoco.org) or call Stephanie Civey at 425-259-2827 x1013 for further details.

Discover South  
Snohomish County's past  
with a visit to Lynnwood's  
Heritage Park

Lynnwood's Heritage Park will host a series of open house events from 11am - 3pm on the first Saturday of July, August and September. The park, located east of I-5 at the SE corner of Poplar Way and Alderwood Mall Parkway, is a cultural, heritage and visitor resource. The open house events offer a unique opportunity for park visitors to tour the various historical structures, including Interurban Car 55, that have been preserved at the park.

Open House activities include:

- » Tour guides, Jeanne and Gary Rogers, will entertain visitors with tales of Car 55, one of six Interurban trolleys that ran between Seattle and Everett from 1910 to 1939. Jeanne grew up in a railroad family; her father, Walter S. Shannon, was an Interurban motorman.
- » Donations from the Snohomish County Heritage Association will be available to provide guided tours of the exhibits currently on display in the Superintendent's Cottage and at the Wickers Building Museum.
- » Treats and refreshments will be served at the Snohomish County Tourism Bureau's Visitor Information Center.
- » Visitors are invited to contribute to their personal genealogical history at Humble House with the assistance of the Sno-Ile Genealogical Society.

## Lynnwood High hosts Special Olympics Event

Special Olympics of Washington and the Edmonds School District joined together with high school student mentors, including Project Unify clubs and the VOICE program, to bring together over 300 young athletes for an inclusive Field Day at Lynwood High School.

The program was geared for students both with and without disabilities. Groups of students rotated through stations involving balls, cones, hoops and scarves. They practiced jumping, running, balancing, throwing and kicking. The goal was to get all students involved in physical activities and to raise awareness about the abilities of children with intellectual disabilities through inclusive peer participation, demonstration and other events.

"It was one of those days that reminded me why we work so hard for students of all ages and abilities!" said Autism Instructional Coordinator Nicole Bain.

"The event was so well planned and organized and had the perfect balance of structure and fun. We came back a little late to lunch and so our cafeteria was already full when we arrived, and my kids and their buddies walked in to cheers and high fives all the way to our table in the back. Safe to say my kids are walking a little taller to day. I know some will sleep in their shirts and most will wear their medals the rest of the week. Thanks again for all of your hard work, sleep well knowing you made a difference today and gave some pretty special kids a memory they will not soon forget," wrote teacher Malia.

## Snohomish County Sports Hall of Fame announces 2014 Induction Class

The Snohomish County Sports Hall of Fame Committee is proud to announce the 2014 Induction Class. The induction class includes six athletes, two coaches, one team and two sports contributors.

The athletes being inducted are Erik "Otto" Olson, Jeff Pahukoa, Theresa Wagner Romagnolo, Bret Summer, Matt Surina and Richard "Rusty" Donald Wailles.

The coaches being inducted are Margaret "Maggie" King and Ioe Richer.

The team being inducted is the 1952 Everett High School Football team that was undefeated, outscored their opponents 248-45 during the regular season, and was overwhelmingly named state champions in the final Associated Press poll.

The Sports Contributors being inducted are Bob and Margaret Bavasi who, in 1984, re-launched the floundering Walla Walla Mountain Bears in Everett, securing an affiliation agreement with the San Francisco Giants. In 1995 the team switched affiliations to the Seattle Mariners, which continues today. Thanks to the leadership of Bob and Margaret, the franchise will celebrate its 30th anniversary during the 2014 season.

The Sports Hall of Fame inductees were nominated by the public and the 25-member Sports Hall of Fame Committee.

The 2014 Sports Hall of Fame Inductees will be honored at the 2014 Sports Hall of Fame Banquet on September 17 at Edward D. Hansen Conference Center at Comcast Arena.

Swedish / Edmonds  
Emergency Department  
recognized with  
National Nursing Award

The emergency department at Swedish/Edmonds hospital is among only 17 hospitals nationwide, and two (the other is Swedish/Ballard) in Washington state to be



Photo courtesy of Homeward Pet

## Homeward Pet: Pet of the Month – Cuddles

Cuddles is a beautiful and captivating tuxedo kitty. Her piercing eyes and charming mustache will make you wonder if she can read minds.

This six-year-old kitty enjoys sunbathing and playing with feather toys. She has a big personality with a nice measure of independence and sassiness. Once you gain her trust, Cuddles is a very devoted and loving companion who more than lives up to her name. She prefers the solitude of a one cat house and enjoys receiving undivided attention from her human.

If you are looking for a new best friend, come visit Cuddles at Homeward Pet. This

kitty is ready to find her forever home.

Homeward Pet is located at 13132 NE 177th Place in Woodinville and open for visitors between noon and 6 pm, Wednesday through Sunday.

See all adoptable cats, kittens, dogs and puppies at [www.homewardpet.org](http://www.homewardpet.org).

This year Kirkland Uncorked has gone to the dogs...and cats! Join Homeward Pet July 18-20 at Kirkland's Marina Park. A portion of each Tasting Garden fee supports Homeward Pet Adoption Center. Visit [www.KirklandUncorked.com](http://www.KirklandUncorked.com) for event information and ticket details. //

» Continued from page 30

honored with the Emergency Nurses Association (ENA) 2014 Lantern Award.

The Lantern Award recognizes an emergency department's commitment to quality, safety, a healthy work environment and innovation in nursing practice and emergency care. Achievement of the Lantern Award indicates that an emergency department (ED) exemplifies outstanding and exemplary performance in the core areas of leadership, practice, education, advocacy and research.

"The Lantern Award is a result of tremendous hard work and dedication by the emergency department caregivers to serve the medical needs of our community," said David Jaffee, chief executive at Swedish/Edmonds. "I'm so very proud of the ED nursing staff, who in collaboration with all phy-

sicians, technicians, laboratory and imaging staff, for their ongoing ability to make great strides in the delivery of the highest quality care. The new larger ED will provide greater efficiency and enhanced patient comfort when it opens in the fall of 2015."

Swedish/Edmonds will break ground for a new ED in September, part of the largest expansion project at the hospital in 40 years. The Edmonds ED nursing team has focused recent initiatives on reducing the time patients spend in the ED as well as contacting ED patients after discharge to follow up on their care.

A formal awards gala to honor ENA award winners, including Lantern Award recipients, will be held at the ENA annual conference in Indianapolis on Saturday, Oct. 11.

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# DON'T GET ME STARTED!



Sticks and stones can break my bones, but names will never hurt me.

“Seriously? Have you forgotten *Rumpelstiltskin*? The antagonist of a dark fairy tale out of Germany, where he was known as *Rumpelstiltschen*, he it was who was prepared to snatch the royal infant daughter unless the queen could guess his un-guessable name. She attempted several, including Shortribs and Sheepshanks. Wrong and wrong!”

Thanks only to a snooty royal messenger, who overheard the bad guy cackling his name aloud in what he thought was a private moment, did the queen discover the little gnome’s true moniker and save her babe from a life too horrible to imagine.

You’d go bad, too, if your nickname was Rumpy.

Why do some parents insist on saddling

their offspring with unusual names, never mind un-guessable ones? Have they forgotten that no kid wants to draw attention to himself at least until his fortieth birthday?

A colleague of mine has 27 nieces and nephews. Five of them are named Isabella Daeneyns, Genesis Auralia, Solomon Atreides, Phineas Resurrection, and Sojourner Orion. Their parents are Frederick and Gretchen. If that’s not a Grimm fairytale begging to be told, I don’t know what is. Oh, and the middle name of that first one?

Straight from a character in TV’s “Game of Thrones.”

Okay, I’m calling the kettle black. We named our eldest son after a fictional gunslinger. But hey, in our defense, Shane rolls off the tongue a lot easier than Ogglethorpe.

All I’m asking for is a little moderation. In the name of “creative” and “memorable” license, we end up with Kodiak, Shermika Jewel, and Jubilee Dawn.

Or worse.

My pioneer forebears were big believers in what doesn’t kill you makes you stronger. Such as your name. My maternal grandmother came west by wagon train and married a hardworking Oregon farmer named Commodore Foote Whitte. They had five daughters: Edith, Ethel, Ellen, Evelyne, and my mother, their youngest, Rita Belle. *What the hey?* They were doing so well keeping a lid on odd names. Why did they suddenly take an alphabetical left turn? Why, my mother wanted to know, was she given the first name of a Spanish floozy? And then, to leave no shred of doubt, forever marked with the middle name, and burlesque twist, of a hoochie koochie girl?

My mother had her dramatic moments. She told me to my face that had God not allowed painful arthritis into her life, she might easily have become “one of those ski bunnies” hopping about the chalets of

North America. As she was the one who taught me to love the Lord and say my prayers, I have serious doubts about the bunny thing. But then again, she once worked for a perfumer, and you know where that leads.

Wait. The name game gets worse. To escape the scourge of slavery, my fifth great-grandfather, Clinton Kelly (for whom I am named) arrived in Oregon Country from Kentucky in 1848. He settled in a very young Portland and married and buried three wives, siring 15 children by them. Among the offspring were sons named Plympton, Hampton, Aschion, Calmet, Bengal Joy, and Penumbra.

Shane was not the only who slung a gun. Penumbra became a sheriff, and later a U.S. Marshal of the district. Nobody dared call him Numb Brains or Bra Strap. Still, we’re not all cut out to be law enforcers in order to curb the name-calling.

And it was a different time. A boy named Sue might skirt by, providing he could swing an axe and build a log cabin from raw timber.

Resourcefulness was its own reward in frontier America and probably staved off calamity when it came to defending their name choices (think Walla Walla). For example, great-great-great-great Grandpa Clinton’s first wife, Moriah, knew her

Continued on page 36 »

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## Taking a daily breather provides positive benefits for women

For busy women finding a stretch of time to unwind may seem impossible, but no matter how busy life gets, taking a moment for oneself has crucial benefits, suggests a new study.

Nine out of 10 women agree no matter how stressful their day, taking a moment to

relax and recharge makes everything better, according to a recent survey conducted by Linda USA.

While a lengthy shopping excursion or a relaxing yoga class may not be possible every day, it only takes a moment to get the benefits of a daily pause. Nearly one-

in-three women say they would only need five minutes or less each day to relax or recharge, while half of women are too busy taking care of others to pay attention to their own needs.

For women juggling the demands of life, here are some great ways to pause for a mo-

ment of "me" time:

### Take a deep breath

A few minutes of daily meditation is good for the body, mind and soul. Whether it's while walking the dog or commuting to work, spend a few minutes setting aside

Continued on page 36 »



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Photo courtesy of Loren Marsden

Karen and Loren Marsden with a family they hosted from Afghanistan.



## Hosting refugee families fills an empty house

By Elizabeth Griffin

What do you do with a big house that is suddenly empty of children? Empty nesters Karen and Loren Marsden weren't ready to downsize after their last child moved out, so they started hosting refugee families through World Relief.

"We heard about World Relief through a family in our church and found out that there was a need for host families," Loren Marsden said. "We saw it as an opportunity to get involved in the lives of others, and scripture has a lot to say about taking care of the foreigner in your midst. We like to travel and learn about other cultures, and all of our friends were just like us, so we didn't have a lot of opportunity to meet people of other ethnicities, so we went for it."

In the past six years the Marsdens' spacious home has been filled with large families, and they have gained many friends and "grandchildren" through the experience.

"World Relief's goal is to help families get settled," Marsden explained. "They have them stay in an American home to learn how things operate in the United States and give the agency time to find an apartment for the family to move into. It's usually been about a week, occasionally a couple of weeks, and once or twice only a day or two. We provide a place for them to sleep, meals as needed, and sometimes drive them around to places. It varies, depending on the situation and needs of the family."

The Marsdens have enjoyed ongoing rela-

tionships with most of the families.

"In the first few years the families were mainly from Burundi in East Africa. Many had lived all their lives in refugee camps. They had fled and been resettled several times," Marsden said. "They had no idea how to use common household appliances in an American home and they didn't know a word of English. A lot of it was just showing them how to do things. If you don't know how to use a microwave it can be quite dangerous — you put metal in there and sparks fly, and you can start a fire. It's the same with a stove or oven."

The families from Burundi wanted to get involved in a church, so it didn't take long before the Marsdens knew about 10 families and were helping all of them.

The couple is especially attached to the children, who often stay in close contact. Marsden recalls teaching one child how to drive and the excitement of seeing the kids go from not knowing any English to graduating from high school and moving on to community college.

"The biggest challenge is helping the adults get a job when they don't know English. World Relief has a three-month English program, but that isn't enough according to Marsden. Many are well-educated professionals who now must work in unskilled positions for minimum wage, which doesn't go far to support a family of 10. It is difficult, and the Marsdens help where they can.

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## Tips for cutting costs on pet care

Regardless of whether you're a dog, cat, bird or other pet lover, most people can agree that pets are part of the family. Caring for your pet doesn't have to cost a fortune with a few helpful tips.

With this in mind, the discount experts at Dollar General are offering some helpful advice for saving on pet care.

### Homemade toys

Consider making homemade toys for your pet. There's nothing more satisfying than watching your pet bat around a catnip mouse or chase after a crinkle toy that you made with love. Look for pet-friendly craft ideas online.

### Feeding time

First, choose a pet food that balances your budget with your pet's dietary needs. Then, save money by following label instructions for the recommended amount of food you should give your pet and not overfeeding as many people do. These are generally based on weight and activity level. With a proper

and balanced diet, you can help keep your pet healthier and happier and spend less in the process.

### Quality time

One of the best ways to show your pet love is by spending some quality time together. Beyond giving your pet a healthy dose of exercise and fresh air, the best part of an extra-long walk or a game of catch is that it's entirely free.

### Smart shopping

Pet care can be expensive, so be careful where you shop for your pet's medical needs. From heartworm medication to flea and tick treatments to hypoallergenic shampoos, a discount retailer can help you save on these necessary items.

If your budget for pet care is limited, learn more about how you can take better care of your pet for less at [www.DollarGeneral.com/Pet](http://www.DollarGeneral.com/Pet). //

— Article courtesy of StatePoint Media

## Alzheimer's Café in Edmonds

This group is available for persons with memory loss and their care partners to socialize in a supportive environment where there's no judgment or expectations, just companionship, great food and fun! No cost, other than for items ordered from an easy-to-read, short menu. The Alzheimer's Café meets every fourth Monday of the month (see exceptions for holidays).

Organizers of the event include Alzheimer's Association — Western and Central Washington Chapter, Center for Healthy Living (a wellness program of Senior Services of Snohomish County) and Full Life

Care (a non-profit provider of Memory Care and Wellness Services including a day program, memory care homes, home care and more. The café is hosted by Pagliacci Pizza, located at 10200 Edmonds Way in Edmonds.

Upcoming dates for Alzheimer's Café: July 28, August 25, September 22, October 27, November 24 and December 22. All ages begin at 2 pm.

For more information, contact Doug Harkness at (206) 224-3757 or [dough@fulllifecare.org](mailto:dough@fulllifecare.org). //

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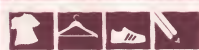
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## Hosting refugee families » Continued from page 34

"It's been very rewarding," Marsden said. "The children really latch on to you. The families are all uprooted and they are away from their extended families, or they may not have had them in the refugee camps, so they are very appreciative (so are the adults) and they love to spend time with you. Seeing them respond and learn, and try to get jobs and become responsible adults and make progress is wonderful."

Many parents put a lot of emphasis on education and Marsden said the children work very hard to excel in school. He recalls one boy from Burundi who entered middle school without knowing any English. The school ESL coordinator helped him and he worked extremely hard.

"One day he came over to the house to work for me, and he said, 'Loten, I don't

understand. I work hard. I do all my homework. But all these other kids around me don't work hard and don't do their homework. Don't they understand that the only way to get ahead in life is to work hard and get an education?' It's fun to help these kinds of kids. They're struggling and they want to learn."

There are challenges in hosting refugee families, like the loss of privacy. Having someone call at 10 o'clock at night and need a ride home.

"You have to allow for disruptions and there are times you have to say no and just maintain proper boundaries," Marsden said.

But overall, the couple is glad they opened their home to families entering the United States. Not only have they made a difference, their lives have been richer for it. //

## Daily breather » Continued from page 33

your anxieties. Clear your mind and focus on the present, not on what needs to get done.

### Break for lunch

More than a quarter of women surveyed say a daily recharge makes them more productive at work. Even when deadlines are piling up, never forget to take a break in the middle of the work day. Leave your desk or workstation for fresh air or a visit with coworkers. An indulgence, such as a chocolate treat or a quick walk around the block can improve your focus for the final home stretch.

### Unwind before bed

Carve out a peaceful routine before turn-

ing in for the night. Whether it's reading in bed or curling up and watching your favorite TV show, designating a few minutes each night to unwind will help you sleep better.

### Indulge

When you need to take some time for yourself at any point during the day, why not enjoy it with chocolate or another small treat? It's your moment, so go for something premium that you will enjoy.

From feeling calmer to being more patient and understanding with others, taking a moment for yourself can have many benefits. //

— Article courtesy of StatePoint Media

## Don't get me started » Continued from page 32

way around a needle and thread. In order to properly dress her man for business, she once spun and knit 12 dozen pairs of socks and exchanged them for enough broadcloth to fashion him a suit. When challenged by a neighbor about the name she gave little Penumbra, I'm thinking the conversation must have gone something like this:

» **Neighbor:** "That's some name to grow into."

**Mariah:** "Growin' like a weed, he is, too."

**Neighbor:** "Perhaps John or Richard or Philip would have been a kindness."

**Mariah:** "Perhaps you should hold your tongue."

**Neighbor:** "It's just that boys can be so cruel when they decide to be."

**Mariah, borrowing little Penumbra's Colt .45 and pointing it at the neigh-**

**bor's feet:** "Well, I've decided that it's time for you to dance your way off my property. Now g'at!"

Yes, names can hurt, but can't they also build character? How much ribbing did Thurgood Marshall take before becoming a giant of law? Or jazz great Thelonious Monk? And poor Harper Seven Beckham must be half mad defending her name. Oh wait. Her parents are David and Victoria Beckham. Never mind. //



Clint Kelly is a novelist and a communications specialist for Seattle Pacific University. The father of four and grandfather of five has been married to his lovely bride, Cheryl, for 41 years. While not a member Clinton, he is a card-carrying member of AARP and, so far as he knows, a member in good standing of the human race. Two cartoon about his books should visit [www.clintkellybooks.com](http://www.clintkellybooks.com).



## Ten things to consider when deciding whether to sell your home

As the economy continues to strengthen, you may wonder whether to stay in your current home or sell while the timing seems perfect. Since there are many things to sort out, the experts at Homes.com have put together a comprehensive overview of things to consider:

- » **Size:** If your home is too small, moving may be a more affordable, less stressful option than additions, which can be costly and overwhelming. You can expect to recoup anywhere from 45 to 75 percent in additional home appreciation, depending on the project, according to Remodeling.com. However, the return on investment is not always immediate, which is something to consider if you're planning to sell immediately.
- » **Renovations:** If the necessary renovations to stay in your current home seem overwhelming, it may be time to move. For example, a new roof can cost anywhere from \$5,000 to \$30,000 or more, according to Choice Roofing Group. Large-scale home issues may decrease a home's market value, but conversely, many home-seekers love the opportunity to customize their dream home.
- » **Competition:** Do your research. Online tools such as Homes.com's Home Values Channel can help determine your home's worth. Then, work with a real estate professional to determine a competitive price point, and let the bidding begin.
- » **Lifestyle change:** Just as growing families need more room, a shrinking family might mean it's time to downsize. Retired and looking to travel? Downsizing can free disposable income for a world

adventure.

- » **Demand:** As demand picks up, builders are ready to keep up, and that means brand new homes at varying, competitive prices. Consider selling to take advantage of increased demand and tightening supply.
- » **Equity:** Year-over-year home equity growth reached eight percent at the end of 2013, as reported by the Homes.com Local Market Index. If you love your current place, continue enjoying your home and reap the benefits of increased equity when the time comes to sell.
- » **Local economy:** If you live in a growing town, it may be wise to stay put. Watch the local economy grow for a year or two and then decide if it's a good decision to relocate.
- » **Updates:** Home updates are an opportunity to add value to a home and make it feel brand new.
- » **Location:** Consider your neighbors, school zone, proximity to work and daily life activities. Are you happy where you are?
- » **Availability:** Keep an eye on the market by signing up for free email alerts on Homes.com; receive notifications when new homes meeting your specific criteria become available. Take your time and wait for the perfect home.

Deciding whether to stay or sell is an important decision that shouldn't be made lightly. Weigh all of the options to determine what's best before taking action.

For home update ideas or to search homes for sale or rent, visit [www.Homes.com](http://www.Homes.com). //

— Article courtesy of *StatePoint Media*

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	1		2					
		9		4				7
		6		8	9	3	2	
			5					1
	8	2		1		6	4	
1						5		
	3	4	5	9		1		
8				3		2		
					2		5	

Skill Level:  
Medium

Answers at the  
bottom of the  
next page

## Word Search: All About Beer

M	X	O	N	O	Y	W	S	C	O	O	R	S	L	I	G	H	T	G	N
J	L	L	A	Z	T	L	O	Y	J	I	A	M	F	N	Y	O	B	M	F
X	J	P	Z	Q	J	J	H	T	R	A	I	N	I	E	R	Z	Z	L	T
S	S	X	Q	W	G	R	K	U	O	G	W	L	M	E	O	Q	D	G	F
Q	Q	W	Q	G	X	Z	N	W	K	P	E	L	P	G	T	U	H	N	F
H	B	P	H	L	Q	Q	B	B	D	R	A	Y	K	C	A	B	I	T	H
I	R	A	T	I	K	K	D	V	B	V	G	B	Y	G	W	R	W	R	K
L	N	G	V	X	N	I	J	O	A	B	L	O	N	D	E	A	L	E	E
X	L	Y	H	O	D	R	M	K	E	C	P	M	R	H	B	C	S	P	R
N	Z	P	V	Z	S	C	I	H	X	N	I	C	B	L	T	E	K	T	R
M	J	-	J	N	X	I	K	S	A	P	Y	S	O	C	I	S	E	W	O
J	R	E	B	M	A	L	T	E	P	I	N	R	Y	T	K	W	U	F	F
V	B	O	F	Y	S	P	A	M	J	A	X	N	E	T	I	N	P	T	N
B	V	D	H	V	M	N	S	C	N	M	L	L	L	W	Y	W	I	S	I
Q	D	P	W	N	U	B	C	Y	R	E	W	E	R	B	E	K	I	P	C
K	G	F	B	T	I	S	Z	H	E	O	Q	U	A	R	N	R	W	O	S
Y	E	A	S	T	G	A	D	O	R	F	A	H	B	L	V	K	B	H	S
F	E	Z	T	R	L	C	O	G	I	D	X	V	D	X	E	C	T	B	Z
V	J	E	H	Z	E	W	F	E	C	K	Q	U	Y	G	S	A	Z	H	S
C	R	A	F	T	B	R	E	W	E	R	I	E	S	K	I	B	V	X	Z

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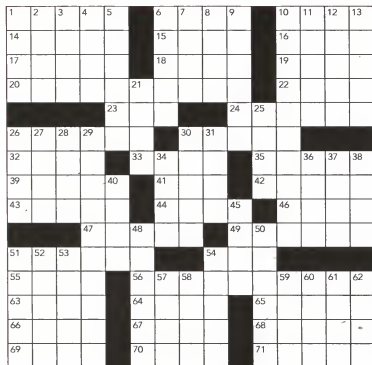
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## ACROSS

- 1 Performance platform  
6 Waners  
10 Taxis  
14 Supposedly, a cat has nine  
15 Exuviate  
16 Arch type  
17 Warning  
18 Rude person  
19 Small indefinite amount  
20 Immortality  
22 Implored  
23 Crag  
24 To a great degree
- 26 Talented  
30 Come to pass  
32 Largest continent  
33 Alone  
35 Portion  
39 Incline  
41 Can  
42 Male singing range  
43 Minor  
44 Bright thought  
46 Midday  
47 Without delay  
49 Inform
- 51 Head protector  
54 Southern constellation  
55 Pearly-shelled mussel  
56 Earthware  
63 List of choices  
64 Found in skin lotion  
65 Get on one's knees  
66 Portent  
67 Group of actors  
68 Acclaim  
69 Rave  
70 Leg joint  
71 Blabs

## DOWN

- 1 Smack  
2 A thin flat slab  
3 Affirm  
4 Bacterium  
5 What's left behind  
6 Hot coal  
7 Blessing  
8 Alliance  
9 Pressure  
10 Understand  
11 Nimble  
12 Asian pepper plant  
13 Poorly kept
- 17 Gestures of acceptance  
25 Expel  
26 Part  
27 Part of an archipelago  
28 Italian car company  
29 Equivalent  
30 Leave out  
31 Not a single one  
34 Auditor  
36 Dwarf buffalo  
37 Part of the plant in the soil  
38 Sea eagle  
40 Sort
- 45 Distinctive atmosphere  
46 Assault  
50 Bundle  
51 The quality of being funny  
52 Bowel cleansing  
53 Cloth from flax  
54 Mountain crest  
57 Distinctive hair  
58 A thorny flower  
59 A single time  
60 Inform  
61 Blue-green  
62 Anagram of "Salt"

Sudoku Answers

3	1	8	2	5	7	9	6	4
5	2	9	6	4	3	8	1	7
4	7	6	1	8	9	3	2	5
6	4	5	9	2	8	7	3	1
7	8	2	3	1	5	6	4	9
1	9	3	7	6	4	5	8	2
2	3	4	5	9	6	1	7	8
8	5	7	4	3	1	2	9	6
9	6	1	8	7	2	4	5	3

Crossword Answers

S	T	A	G	E	E	B	B	S	C	A	B	S
L	I	V	E	S	M	O	L	T	O	G	E	E
A	L	E	R	T	B	O	O	R	M	I	T	E
P	E	R	M	A	N	E	N	C	E	P	L	E
T	O	P	S	O	R	E	L	I	E	S		
G	L	I	F	I	E	D	E	N	S	I	S	
A	S	I	A	S	O	L	O	S	H	A	R	E
S	L	A	N	T	I	N	T	I	N	O	R	
P	E	T	T	I	D	E	A	I	D	E	A	
H	E	L	M	E	S	P	A	C	E	S		
U	N	I	O	T	E	R	R	A	C	O	T	T
M	E	N	U	A	L	O	E	K	N	E	E	L
O	M	E	N	C	A	S	T	E	C	L	A	T
R	I	A	N	T	K	N	E	E	T	E	L	L

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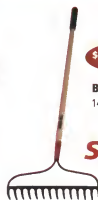


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